

BREAKFAST RECIPES



Dairy free breakfast in a glass -



Ingredients:

- 2 medium bananas, peeled, roughly chopped
- 175g tub vanilla-soy yoghurt
- 1 cup So Natural soy milk, chilled
- 1 tablespoon wheat germ
- 1 tablespoon honey
- 1/2 teaspoon ground cinnamon ground cinnamon, to serve

Method:

1. Blend banana, yoghurt, milk, wheat germ, honey and cinnamon together until smooth.
2. Pour into chilled glasses. Top with cinnamon. Serve.

Alternative:

- Use strawberries instead of bananas

