

A BANANA SMOOTHIE FOR LUNCH

You need:

One banana

One glass
of milk or yoghurt

Some nuts

Some
berries

1. Peel the banana and put it into a
blender

2. Add one glass of milk or yoghurt,
nuts and berries

3. Mix it for 30 seconds

You can add
ice if you want!

**VITAMINS: A, E, C, K IN BANANA, B, A,
D, E
IN MILK,
E, K IN NUTS**

