

Phil's Boost Smoothie

Ingredients:

- 1 large or 2 small bananas
- 1 glass low fat milk or soy milk
- 1/2 cup low fat natural plain or fruit yoghurt
- 1 tablespoon rolled porridge oats
- 2 ice cubes (optional)
- 1 teaspoon of Optimal Essentials Boost
- 1 teaspoon of Optimal Essentials EnergyPlus (optional)

Method

Place all ingredients into a blender and blend for approximately 30 seconds.