



Banana and hazelnut smoothie

Ingredients (serves 1)

- 1 medium banana
- 150 g milk or yoghurt (lactose-free in case of intolerance)
- Half an orange
- 30 g quick oats
- ½ glass of milk (lactose-free in case of intolerance)
- 20 g peeled hazelnuts
- Ground cinnamon

Method

1. Soak the oats in the milk for 20 minutes until soft.
2. Crush the hazelnuts with a mortar and pestle (or similar) until they form a paste.
3. Slice the banana into smaller pieces and blend all the ingredients to a thick but homogeneous smoothie.

Recommendations

The final texture can be modified by increasing or decreasing the liquid or the type of fruit.