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**Botanic Cottage Community Cook Club 29th April 2020**

**Banana and berry smoothies**

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Per person

* 1 banana
* small handful berries – I used frozen raspberries and blueberries
* 1 heaped tablespoon oats
* ½ tsp ground cinnamon
* 200 ml milk (or plant-based alternative)
* 1 or 2 ice cubes (only if using fresh fruit not frozen)

You will need a blender for this recipe.

1. Add the fruit, milk, oats and cinnamon to your blender. Blend at a high speed until smooth. If your smoothie is too thick, add a little extra milk or water.

2. If you like, serve with a little extra cinnamon and extra berries as a garnish