

EASY BREAKFAST RECIPE

Lean Green Smoothie

YOU WILL NEED

1/4 cup of plain yogurt

1/2 cup coconut milk

1 frozen banana

(un peel and put in freezer the night before)

1/4 cup frozen kale

1 tsp unsweetened cocoa

1 tsp ground flaxseed

PROCEDURE

Blend in a blender and transfer to cup to drink with a straw.



TOP TIP

Smoothies are an easy way to sneak in vegetables and fiber for children.