

# Energy and Memory Booster Smoothie

## *Ingredients:*

1 frozen banana

1/4 cup plain yoghurt

1 tsp cinnamon

1 tbsp honey

1 tbsp nut butter

1 cup milk choice

1 scoop chocolate whey protein powder

## *Method:*

Add all the ingredients in a blender and blend until smooth. Delicious as a drink and you could also freeze it to make a tasty popsicle.

As an added nice social activity, make a list and go for a shopping trip together to buy the ingredients.

