



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

BANANAS & YOGURT

Time: 5 minutes

Serves: 2

Ingredients:

2 large ripe bananas - peeled and frozen in chunks

15g honey

150g plain Balkan style yogurt

Preparation:

Place the bananas and honey in a food processor with an "S" blade. Process until reaching the texture of small peas.

Add the yogurt and process until smooth.

Serve immediately.

Nutritional Information Per Serving:

Calories: 215

Fat: 4g

Carbs: 40g

Fibre: 4g

Protein: 8g