

Oat Smoothie

INGREDIENTS

- ½ beaker of oats
- 1 beaker full of apple juice
- 1 banana broken into pieces
- 1 teaspoon of honey

EQUIPMENT

- A jug
- A hand blender
- 1 teaspoon
- 1 beaker



HOW TO MAKE IT

1. Measure all the ingredients into the jug, in the order they appear in the ingredients list.
2. Use the blender to mix everything together.
3. Drink and enjoy your oat smoothie.

Tip: You can use any fruit juice you have available - pineapple juice and orange juice work well!