



The Oesophageal
Patients Association
Caring for the cancer patient & their family

Banana Smoothie

(serves 3)

Ingredients

¼ cup of orange juice
4 bananas
3 scoops of plain ice-cream
2 tablespoons of golden syrup
3 tablespoons of plain yoghurt
Lemon juice (optional)
Sugar (optional)

Method

Cut the bananas into small pieces and put in the blender.

Add all the other ingredients.

Blend on full for 20 seconds.

Put lemon juice around the rim of the glasses then roll the rim in sugar so it sticks to the lemon juice.

Serve immediately.

