**Clonburris Wellbeing Week Recipes**

**Banana Smoothie**

**Ingredients: Instructions**

* 2 Bananas Put all ingredients into a blender and
* 1 Tbsp Greek/Plain Yoghurt blend until smooth. Pour into a glass
* 1 tsp honey and enjoy a refreshing drink!
* ½ cup of milk
* 3 ice cubes

**Anytime Pancakes**

**Ingredients : Instructions**

* 1 Banana Mix banana and eggs together in
* 2 Eggs blender or whisk eggs and mix in
* Blueberries (optional) mashed banana to make batter.
* Yoghurt/ fruit toppings (optional) Mix Blueberries in now also if you

 want them. Pour batter onto

 frying pan(use butter/oil) and

 cook on each side for approx

 60seconds or until golden.

 Add fruit of your choice/

 Yoghurt. Enjoy!!!

**Oat Biscuits**

**Ingredients: Instructions**

* 60 mls of Orange Juice Mash banana and mix in
* 100g porridge porridge and orange juice.
* 1 banana Using your hand , shape into a
* Chocolate buttons Biscuit or ball. Place a chocolate

 Button on top(optional).

 Bake for 10-12mins in the oven

 at 180 degrees Celsius. Enjoy!!!

**Fruit Smoothie**

**Ingredients: Instructions**

* Banana Place all ingredients into a
* ½ Orange blender and mix until smooth
* 1 tbspPlain/Greek yoghurt in texture. Pour into a glass
* 150ml Milk and enjoy a cool and
* Berries of your choice refreshing drink!!

(strawberries, raspberries,

 Blueberries, blackberries)

* Ice Cubes