

Wheaty Starter

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Makes 4 x 200ml glasses

Ingredients

2 breakfast wheat biscuits
 2 large bananas
 500ml low-fat milk
 60g low-fat plain yoghurt

Method

1. Blend all ingredients in a blender until smooth.
2. Pour into serving glasses.

Nutrition Information (Per Serving)

Energy	105 kcal
Protein	6.8 g
Total Fat	3.6 g
Saturated Fat	0.8 g
Cholesterol	0 mg
Carbohydrate	3.1 g
*Carbohydrate exchange	0.2 exchange
Dietary fibre	3.0 g

