

CRICKET FLOUR AND BANANA BREAKFAST SMOOTHIE

THE GREAT
EXHIBITION
ROAD FESTIVAL

Serves 2, Prep: 5 mins, Blend: 2 mins

Ingredients

1 large ripe banana peeled and broken into pieces
150g carton of plain yogurt
1 tsp honey
1 tsp cinnamon
60ml apple juice
50g Cricket Flour* (can be purchased online, e.g. on [Amazon](#))
50g oat

Steps

Add to the blender and blend until smooth! Pour into two glasses and enjoy a nutritious snack.

**Please note cricket flour is not suitable for seafood, crustaceans, molluscs and dust mite allergy sufferers.*