

Sally
Wisbey's
**Smoothie
of the
month**



This smoothie is great for children and can be made as a snack or for breakfast. The chocolate and nutty taste is one that excites children's taste buds. It's also a great way to disguise vegetables without them knowing! For more tips on children's health, see our feature on page 28.

You will need:

- ▶ 1-2 bananas
- ▶ 2 tbsp natural peanut butter
- ▶ Handful of spinach or kale
- ▶ 1 tbsp of chia seeds
- ▶ 1 tbsp of raw cacao powder
- ▶ 1 cup of organic milk

Sally says:

"The peanut butter and chia seeds provide a good source of healthy fats, essential for growth and energy and for optimal brain function. Good fats are also required for the absorption and metabolism of other nutrients and for essential immune and nervous system function. This smoothie contains a good source of protein which is required to build and maintain muscle and tissue. Milk, chia seeds, spinach and kale are great sources of calcium, a key building block for strong, healthy bones so this smoothie is a great choice from infancy to adolescence. Bananas are high in energy and act as a prebiotic which stimulates the growth of friendly bacteria in the gut, vital for optimum health. They are also a great source of fibre, required for normal bowel motility. Spinach and kale contain good levels of antioxidants to strengthen the immune system and help protect from disease."

■ **To find out more about Sally, visit www.sallywisbeynutrition.co.uk or follow her on Twitter: @wizznutrition**