

Banana, Oats and Dates

Crunchy and delicious!

INGREDIENTS

1 1/2 – 2 Scoops (19.8 – 26.4 g) Daily BioBasics

1/4 – 1/2 Apple

1/4 Banana

2 Tsp Honey

3 Dates

9 oz (250 g) Natural Yoghurt

1 3/4 oz (50 g) Oats

DIRECTIONS

Mix well and enjoy!



Life Plus European Office