

Chestnut Breakfast Smoothie



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Prep time 5 mins - Serves 2

Looking for a filling breakfast to help you start the day? Chestnuts are high in carbohydrates and add a delicious creaminess to this breakfast smoothie.

Ingredients

1 cup chestnuts, cooked & peeled
2 cups milk of choice
1 cup fresh blueberries
1 banana
50g rolled oats
2 tablespoons Greek yoghurt
1 tablespoon honey
Pinch cinnamon

Method

1. Place chestnuts, blueberries, banana and rolled oats into a blender. Add a splash of milk and pulse until coarsely blended.
2. Add rest of milk, yoghurt, honey and cinnamon. Blitz for approximately one minute or until smooth. If the smoothie is too thick, add slightly more milk.
3. Serve in tall glasses garnished with blueberries and chopped chestnuts.

**Experiment with other fruits & veggies
for exciting new combinations.**

800g of fresh chestnuts produces approx 500g once cooked and peeled

Keep your chestnuts in the fridge!

For more tips and recipe ideas visit chestnutsaustralia.com.au

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