



**SUPER
CHARGE**
your
morning!

SWEETPEA

Chickpeas are the secret hero ingredient that makes this peanut butter and banana sensation extra creamy!

Prep time: 5 minutes plus
2 hours freezing

Serves: 2

Ingredients

- ▲ 2 small bananas, sliced and frozen
- ▲ ½ cup reduced-fat milk, frozen into cubes
- ▲ ½ cup reduced-fat milk
- ▲ ½ cup tinned chickpeas, drained and rinsed
- ▲ 1 tbs no-added-sugar-or-salt peanut butter
- ▲ 1 date
- ▲ ½ cup water
- ▲ 2 tsp cocoa

Method

1. Add all ingredients to a blender or jug that can be used with a stick blender.
2. Blitz until desired texture is reached.

Variations

- Swap cow's milk for a calcium-fortified plant-based milk.
- To make layered milkshakes, follow the recipe but leave out the cocoa. Divide the mixture into two, add half the cocoa to one portion and blitz. Divide the chocolatey mixture between two glasses, and then gently pour the pale mixture down the side of the glasses.

Tip: If your mixer is not very powerful, blitz everything together without any frozen ingredients, then add the frozen things a little at a time, blitzing as you go.

For more delicious drink recipes
visit www.livelighter.com.au

Partner:



Government of Western Australia
Department of Health



**NO ADDED
SUGAR**



CHOC CHERRY BOMB

This decadent drink is so thick and creamy you'll need a spoon to get through it!

Prep time: 5 minutes plus
2 hours freezing

Serves: 2

Ingredients

- ▲ 1 small banana, sliced and frozen
- ▲ ½ cup reduced-fat milk, frozen into cubes
- ▲ ½ cup reduced-fat milk
- ▲ 12 frozen cherries
- ▲ 1 tbs cocoa
- ▲ ½ cup water
- ▲ 1 tsp vanilla essence

Method

1. Add all ingredients to a blender or jug that can be used with a stick blender.
2. Blitz until desired texture is reached.

Variation

- Swap cow's milk for a calcium-fortified plant-based milk.

Tip: To make milk ice cubes, pour milk into an ice cube tray and freeze until hard (at least 2 hours).

To freeze bananas, peel and chop and place in a ziplock bag. 1 cm slices will freeze in about 2 hours.

Frozen, pitted cherries are available at many supermarkets and are usually much cheaper than fresh. To freeze fresh cherries, cut in half and take out the seed. Freeze in a ziplock bag for at least 2 hours.

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