

I give you energy fast and slow,
when you want to go, go, go!



Barry Banana

What ingredients we are going to need

Banana, oat milk, Cocoa powder.

It is so easy to do

Blend 2 bananas, 1 litre oat milk & 2 tablespoons cocoa powder per 10 children. Or blend bananas with milk then allow children to add cocoa powder themselves with a chocolate sprinkler/duster.

Why it is good for us

Bananas give you instant and constant energy and are a great snack before or after sport. They can help control your body temperature and help your body deal with diarrhea and constipation.

Cocoa powder can have an anti depressant effect on mood and can contain health boosting antioxidants. To get the best benefits, you must buy raw cocoa powder.

Oat milk is a good fibre booster. It is good for your nervous system, is lactose free, low in fat and rich in calcium.

With a slightly sweet taste, it makes for a great smoothie. Together this is a popular drink for the children who love to sprinkle some cocoa powder on their banana milk and mix it up with their straw, fun and yummy!