

Comet Breakfast Super-Shake

Ingredients:

- 100ml full- fat milk
- 2 tbsp natural yogurt
- 1 Banana
- 150g frozen fruits of the forest
- 50g of Blueberries
- 1 tbsp chia seeds
- ½ tsp of cinnamon
- 1 tbsp goji berries
- 1 tsp of mixed seeds
- 1tsp honey
- 100ml full- fat milk

Put the ingredients in blender and blitz until smooth. Pour into a glass and enjoy!!