

## Yoghurt shake with banana and toasted coconut



### Ingredients

- 1 banana
- 200 g Pur Natur lactose free plain yoghurt, ice cold
- 1 tsp honey
- 2 tbsp oats
- 1 tbsp desiccated coconut

### Instructions

Peel the banana and place the banana, yoghurt, honey and oats in a blender. Blend well.  
Toast the desiccated coconut in a dry pan until the edges start to colour.  
Pour the yoghurt mixture into a tall glass and finish with the toasted coconut.

Tip: For an extra-cold shake, slice  $\frac{3}{4}$  of the banana and place the slices in the freezer overnight.  
Then proceed as described above.