

# Wheaty Starter

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**Makes 4 x 200ml glasses**

## Ingredients

2 breakfast wheat biscuits  
2 large bananas  
500ml low-fat milk  
60g low-fat plain yoghurt

## Method

1. Blend all ingredients in a blender until smooth.
2. Pour into serving glasses.

## Nutrition Information (Per Serving)

|                        |              |
|------------------------|--------------|
| Energy                 | 105 kcal     |
| Protein                | 6.8 g        |
| Total Fat              | 3.6 g        |
| Saturated Fat          | 0.8 g        |
| Cholesterol            | 0 mg         |
| Carbohydrate           | 3.1 g        |
| *Carbohydrate exchange | 0.2 exchange |
| Dietary fibre          | 3.0 g        |

