

# 3-INGREDIENT NO-BLEND SMOOTHIES 3 WAYS

## 3-Ingredient Chocolate No-Blend Smoothie

Makes 1

### INGREDIENTS

- ½ cup White Star Chocolate Flavoured Instant Porridge
- ¾ cup milk
- ½ cup brewed coffee, cooled

### Serving suggestion:

- Coffee granules
- Chopped chocolate

### METHOD

1. Spoon the White Star Chocolate Flavoured Instant Maize Porridge into a jar with a lid. Pour in the milk while stirring with a fork until a lump-free paste forms.
2. Add the coffee and place the lid on tightly. Shake until well blended. *\*Chef's Tip: If there are still clumps, stir vigorously with a spoon until blended.*
3. Serve topped with a sprinkling of chopped chocolate and instant coffee granules and ENJOY!



### 3-Ingredient Tropical No-Blend Smoothie

Makes 1

#### INGREDIENTS

½ cup White Star Banana Flavoured Instant Porridge

¾ cup milk

½ cup tropical fruit juice

#### Serving suggestion:

Toasted desiccated coconut

Banana slices

#### METHOD

1. Spoon the White Star Banana Flavoured Instant Maize Porridge into a jar with a lid. Pour in the milk while stirring with a fork until a lump-free paste forms.
2. Add the tropical fruit juice and place the lid on tightly. Shake until well blended.  
*\*Chef's Tip: If there are still clumps, stir vigorously with a spoon until blended.*
3. Serve topped sprinkled with toasted desiccated coconut and banana slices and ENJOY!

