

Banana and Oat Thickie

7 REGULAR

6 SOFT & BITE-SIZED

5 MINCED & MOIST

4 PUREED

3 LIQUIDISED

Recommendations on this site are for food modification only.
If you are level

4 EXTREMELY THICK

for drinks, this recipe is too thin and not recommended. Speak with your Speech and Language Therapist for further advice.

In Collaboration with

**River
Cottage**

www.eatingwithdignity.org

Banana and Oat Thickie



Shopping List

- 2 bananas
- 150ml full fat yogurt
- 2 tablespoons of double cream
- 2 tablespoons of porridge oats (not jumbo)
- 150ml full fat milk
- 1-2 heaped teaspoons of milk powder
- 2 ice cubes (optional)



Directions

1. Put all the ingredients in a blender and whiz until smooth.
2. Serve.