**High energy breakfast shake** (Serves 4)

2 apples
1 pear
2 bananas
1 tbsp natural peanut butter
100ml of plain Greek yogurt
½ teaspoon of cinnamon (or a little more if you like)

Place all the fruit in the blender, blitz. Put the rest of the ingredients in and blitz again. Pour into glasses, sprinkle with a little more cinnamon if you like and serve. Or - you can put it all in a bowl and eat whole which is even better!