**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!