

MIXED BERRIES SMOOTHIE BOWL



Preparation : 5 min - **Resting :** - - **Cooking :** - - **Equipment :** -

Ingredients : 2

- 2 bananas - 100 g frozen mixed berries - 2 medjool dates - 4 mint leaves - 250 g yogurt

1. Add all the ingredients to the blender jug. Blend using the SMOOTHIE setting for approx. 40 seconds.
2. Divide the mixture between 2 bowls and top toppings of your choice.

Chef's tip :

Here are some of our favourite toppings:- Fresh fruit, e.g. bananas, blueberries, strawberries- Coconut flakes- Bran flakes- Chia seeds- Almond flakes

Blender ■

POWER BLENDER ■