



PAUL, ANDREW, HAZEL, SUSUANA BREAKFAST Smoothie Bowl

PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021

Serves 1 (contains approximately
350 kcal)



Ingredients

2 small bananas (160g)
100g frozen mixed berries (use Irish
as imported frozen berries need to be
blanched for 2 minutes to make them
safe to eat according to the Food Safety
Authority)

4 tablespoons natural yoghurt
(3% fat) (60g)
1 teaspoon desiccated coconut (5g)
1 tablespoon granola (such as
Irish made Lizi's low sugar
granola with less than 4% sugar)

Method

Peel the banana and cut into slices, then put three-quarters into a blender (reserving the rest for decoration). Add the frozen mixed berries, reserving a few for decoration and the yoghurt. Blitz to a smooth puree and using a put into a small bowl.

This can be frozen for a few hours at this point to firm up if liked. Decorate the smoothie bowl with the rest of the banana, reserved berries, the desiccated coconut and sprinkle over the granola to serve.

* Suitable for vegetarians