



## Smoothie Bowl

PROUDLY SUPPORTING  
OPERATION TRANSFORMATION 2021

Serves 1 (contains approximately  
250 kcal)



### Ingredients

1 banana  
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)

2 tablespoons natural yoghurt  
(3% fat) (30g)  
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