

ALMOND BERRY SMOOTHIE BOWL



2 serving



Prep: 5 mins



Cook 5 mins



INGREDIENTS

10	Frozen strawberries
2	Frozen bananas
¼ cup	Low fat milk
2 tbsp	Almonds
¼ tsp	Cinnamon powder
½ cup	Blueberries

METHODS

1. Blend frozen strawberries, bananas, low-fat milk, almonds and cinnamon powder in a blender.
2. Blend until smoothie is thick and well blended.
3. Pour in a bowl and top off with blueberries.
4. Serve immediately.

Tip: Add more milk if smoothie is too thick



< 500 KCAL
DISHES



FRUITY
FRIDAY

Nutrition Information (per serving)

Energy 161kcal, Carbohydrate 22.2g, Protein 3.7g, Fats 5.2g, Saturated Fats 0.4g, Polyunsaturated Fats 1.3g, Monounsaturated Fats 3g, Cholesterol 0mg, Dietary Fibre 5.8g, Sodium 0.7mg, Potassium 506.4mg, Phosphate 87.8mg

