

Berry Banana Smoothie Bowl (Dairy free)



Ingredients (serves 1)

½ cup unsweetened almond milk

1 tsp Chia seeds

Handful of frozen blueberries

½ Banana

Handful baby spinach

1 tbsp Granola

Frozen raspberries to decorate

Drizzle of honey

Method

- 1) Blend together the milk, chia seeds, blueberries, banana and spinach until creamy.
- 2) Pour into a bowl, top with granola.
- 3) Decorate with raspberries (and sliced bananas if preferred).
- 4) Serve with a drizzle of honey.

Don't overdo the fruit and veg in a smoothie. 150ml of fruit juice/ smoothies is the recommended daily amount.

Top Tip: Chia Seeds are a great source of fibre and protein (and suitable for vegetarians). They can easily be added into many types of food and are great in porridge, yoghurt, smoothies and salads.