

Tropical Mango Smoothie Bowl



Ingredients (serves 1)

½ cup frozen chopped pineapple

½ cup diced mango

1 small carrot, grated

80g reduced fat natural yoghurt

½ cup unsweetened almond milk

2 tsp Desiccated Coconut

1tsp Chia seeds

Fresh Raspberries

Frozen fruit is just as nutritious as fresh. Keep some in the freezer for when you run out of fresh. When making smoothies, frozen is great as it adds a nice icy texture to your smoothie bowl.

Method

- 1) Blend the pineapple, mango, carrot, yoghurt, milk, coconut and chia seeds in a blender until creamy.
- 2) Pour into a bowl and top with a few raspberries, pineapple and coconut

Top tip: You don't need an expensive blender. A hand blender starts at about £12 (or a bit more if you purchase it with a jug). They are great for making smoothies and for using with many other recipes including mashed potato, carrot and swede mash etc)