## **Banana & Peanut Smoothie Bowl**



On my travels through South East Asia I came across Smoothie bowls for the first time. The combination of sweet local fruits with the homemade granola and plenty of seeds on top were delicious and inspiring. Here I have recreated one of my favourite flavours.







1 SERVINGS

PREP TIME: 5 MINS



## **INGREDIENTS**

- 150g full fat Greek yogurt
- 1x ripe banana
- 1 tablespoon **peanut butter**
- 1 teaspoon **Honey**
- 80g berries or your **chosen fruit on top**
- Homemade Granola

**Heads up:** It is important to get some carbohydrates (starchy foods) in each meal for energy. If you don't want to serve this with granola, you could have a slice of wholemeal toast after. If you need a softer option mix in 40g oats and leave in the fridge for a few hours or overnight for them to soften.



ella dawson

helping young adults live **well** with cancer

All our recipes are created by a registered oncology dietition. These recipes are intended as **p** source of ideas for meals, drinks, and snacks that could be incorporated into your diet if you require a high-energy diet during and after cancer treatment. However, it is essential to consult with your medical team for personalized advice tailored to your specific treatment pathway.

## Banana & Peanut **Smoothie Bowl**



On my travels through South East Asia I came across Smoothie bowls for the first time. The combination of sweet local fruits with the homemade granola and plenty of seeds on top were delicious and inspiring. Here I have recreated one of my favourite flavours.







1 SERVINGS

PREP TIME: 5 MINS

## **METHOD**

- 1) Weigh ingredients and put into a food processor.
- 2) Blitz until completely smooth
- 3) Serve in a bowl with homemade granola and your choice of fruit on top (see recipe)

**NUTRITIONAL INFORMATION** PER PORTION SMOOTHIF BOWL

**ENERGY: 452 KCAL FATS: 25a** PROTEIN: 15.4g CARBOHYDRATES: 60.3g OF WHICH SUGAR 31.5g **FIBRE:** 5.4a

**NUTRITIONAL INFORMATION** 

ENERGY: 687 KCAL **FATS:** 39.7g **PROTEIN: 22.4**g CARBOHYDRATES: 88.3q OF WHICH SUGAR 38.4q

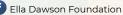
FIBRE: 10g





helping young adults live well with cancer







www.elladawsonfoundation.org.uk

@EllaDawsonFoun1

