

# Banana & Peanut Smoothie Bowl

**FOR HIGH ENERGY**

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**
- 1 x **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.



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*All our recipes are created by a registered oncology dietitian. These recipes are intended as a 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.*

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## 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 SMOOTHIE BOWL

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

### NUTRITIONAL INFORMATION PER PORTION WITH GRANOLA AND FRUIT

**ENERGY:** 687 KCAL    **FATS:** 39.7g    **PROTEIN:** 22.4g    **CARBOHYDRATES:** 88.3g **OF WHICH SUGAR** 38.4g    **FIBRE:** 10g

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