

Banana & Strawberry Smoothie Bowl

FOR HEALTHIER BALANCE

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

- 80g **Frozen Strawberries**
- 1 ripe **banana**
- 125g fat free **Greek yogurt** (can use plant-based fat free natural yogurt)
- 1 Teaspoon of **honey** (optional)

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) Weight out all the ingredients for the smoothie and put in a blender until smooth
- 2) Decorate with homemade granola and fruit and serve or add 40g oats and place in the fridge for a softer alternative.

NUTRITIONAL INFORMATION PER PORTION SMOOTHIE BOWL

ENERGY: 237KCAL **FATS:** 1.1g **PROTEIN:** 10.4g **CARBOHYDRATES:** 63.4g **OF WHICH SUGAR** 34.6g **FIBRE:** 5.4g

NUTRITIONAL INFORMATION PER PORTION WITH GRANOLA AND FRUIT

ENERGY: 472 KCAL **FATS:** 15.8g **PROTEIN:** 17.4g **CARBOHYDRATES:** 91.4g **OF WHICH SUGAR** 41.5g **FIBRE:** 10g

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