Banana & Strawberry 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.











PREP TIME: 5 MINS

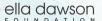


INGREDIENTS

- 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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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 SMOOTHIF BOWL

ENERGY: 237KCAL

FATS: 1.1a

PROTEIN: 10.4a

CARBOHYDRATES: 63.4g OF WHICH SUGAR 34.6g

FIBRE: 5.4a

NUTRITIONAL INFORMATION

ENERGY: 472 KCAL

FATS: 15.8q

PROTEIN: 17.4g

CARBOHYDRATES: 91.4g OF WHICH SUGAR 41.5g

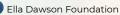
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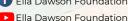
FIBRE: 10g



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