

Fruity Smoothie Bowl

Topped with your favourite seasonal berries and a sprinkling of Chia seeds, this smoothie bowl makes a delicious and refreshing breakfast

Serves 2

For the smoothie

40g frozen strawberries
40g frozen blueberries
1/2 small frozen banana
50g canned peaches in juice, drained
2tbsp rolled oats
1tbsp no added sugar or salt peanut butter
150g fat-free Greek yogurt
1/2tsp vanilla extract
2 ice cubes



For the topping

80g fresh berries, such as strawberries, hulled and quartered, raspberries and blueberries
1tsp pumpkin seeds
1tsp Chia seeds

- Blend all the smoothie ingredients together until creamy, then pour into a bowl.
- Top with a few extra berries and seeds and serve.