

**SUMMER SMOOTHIE BOWL**

5 minutes

1 portion

INGREDIENTS

- 1/2 mango, chopped & frozen (75g)
- 1/2 banana, chopped & frozen (50g)
- 3/4 Cup Low Fat Natural Yoghurt (180g)
- 1/2 passion-fruit (18 g)
- 1/2 tsp desiccated coconut
- 1 1/2 tsp pepitas
- 2 tsp Flaked Almonds

COOKING METHOD

- 1° Combine mango, banana and yoghurt in a food processor and process until smooth. Place smoothie mixture into serving bowl.
- 2° Top with passion-fruit pulp, coconut, pepitas and almonds to serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (351 g)	% DRI
ENERGY	78 kcal	275 kcal	14 %
FAT	2 g	5 g	8 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	7 %
CHOLESTEROL	3 mg	11 mg	4 %
SODIUM	23 mg	82 mg	3 %
CARBOHYDRATE	11 g	40 g	13 %
SUGARS	6 g	22 g	—
FIBER	2 g	6 g	25 %
PROTEIN	6 g	20 g	—