

Did you know?

Yoghurt provides beneficial bacteria which have been shown to reduce anxiety and support healthy mood.

Serve in

66615

Churchill Stonecast
Grey Round
Bowl • 1x1

COCONUT, MANGO & FRESH FRUIT SMOOTHIE BOWL

topped with seeds

INGREDIENTS

1000g	Alpro Soya Plant Based Yoghurt (38137)
800ml	Cook Asia Coconut Milk (29825)
500g	Diced Mango (61075)
52g	Everyday Favourites Medium Desiccated Coconut (07803)
200g	Banana
20ml	Casa De Mare Lime Juice Squeezy (41167)
100g	Pumpkin Seeds (11983)
100g	Sunflower Seeds (94992)
50g	Everyday Favourites Sesame Seeds (70304)
30g	Everyday Favourites Poppy Seeds (70383)
20g	Chia Seeds
100g	Goji Berries
400g	Fresh Mango
300	Fresh Raspberries
1 bunch	Fresh Mint
300g	Fresh Blueberries

METHOD

STEP 1.

Place the yoghurt, coconut milk, defrosted mango, desiccated coconut, banana and lime juice into a blender and pulse until smooth. Place into the fridge until required.

STEP 2.

Mix all the seeds together and then toast them in a dry frying pan. Remove from the heat and then add the goji berries. Place the mix to one side until required.

STEP 3.

Dice fresh mango and set to one side.

STEP 4.

To assemble place the smoothie mix into your desired container then top with diced mango, raspberries, blueberries, fresh mint and seed mix.