

TROPICAL FRUIT SMOOTHIE BOWLS



TROPICAL FRUIT SMOOTHIE BOWLS

Preparation 10 mins | Makes 4

Naturally sweet and delicious, these smoothie bowls are great for breakfast, lunch or an after school snack on a hot day.

- 2 medium ripe mangoes, flesh removed
- 2 cups chopped fresh pineapple (about ½ small pineapple)
- 2 peeled frozen bananas, chopped
- ½ cup reduced fat Greek-style natural yoghurt

Suggested toppings to serve:

Blueberries, seedless grapes, cherries, chopped mango, chopped pineapple & chia seeds

STEP 1 Place all ingredients into a high-speed blender. Process until smooth. Pour mixture into 4 serving bowls.

STEP 2 Top with fresh fruit of your choice and sprinkle with chia seeds. Serve immediately.

Good for you... **MANGOES**

An excellent source of vitamin C which helps the body defend itself against infection. A good source of beta carotene, which the body converts to vitamin A (important for healthy skin and eyes). The highest levels are found in mangoes with deep orange-coloured flesh. A source of dietary fibre and also potassium.

