Smoothie Bowl



Makes 1

Ingredients

- 150g Koko dairy free plain yoghurt alternative (1 exchange)*
- 60g frozen mixed berries

  <u>Toppings:</u>
- NCIMD's granola
- Fruit of choice!

Method

- Add the yoghurt and frozen mixed berries into a blender and blend until smooth. To create a thicker texture, add even more frozen berries!
- Pour into a small bowl and pair with NCIMD's protein free granola, alongside fruit of your choice!