

Blackcurrant Smoothie Bowl

150g frozen banana 100ml oat milk
175g frozen red fruit mix 2 tbsp Greek yoghurt
75g frozen blackcurrants 1 tsp agave syrup
20g coconut puree

METHOD. Add all the ingredients to a blender and blend for 30 seconds or until smooth. Scoop into a bowl and add your favourite toppings. Enjoy!

