



How to...



Make a smoothie bowl

This delicious and nutritious dish is great for breakfast, but you could have it at any time of day, and even as a healthy dessert. Smoothie bowls are simple to make – although you will need a blender. You can also have fun working on your presentation skills, making your smoothie bowl as colourful and attractive as possible. This recipe makes one bowl but you can multiply the ingredients to make enough for more people.

What you need

- 80g strawberries
- Half a red apple
- Half a ripe banana
- 40g porridge oats
- 75ml coconut milk (or any unsweetened milk)
- 40g berries
- 1 tbsp chia seeds (or any seeds you fancy)

Instructions

- 1 De-stem the strawberries, core the apple and peel the banana. Roughly chop these.
- 2 Add the chopped fruit, oats and coconut milk to the blender and blitz until smooth.
- 3 Pour the smoothie mixture into a bowl carefully.
- 4 Arrange the berries (you could have any combination, such as strawberries, raspberries, blackberries and blueberries) on top of the smoothie mixture. Have fun making shapes and patterns to make it look as appetising and pretty as possible.
- 5 Sprinkle the seeds on top, grab a spoon and eat immediately.

USE UP YOUR LEFTOVERS

It's important not to waste food, so be creative and use up any fruit that's a bit bruised or old. You could swap the strawberries for raspberries, use pumpkin seeds instead of chia seeds, or top it with pineapple. Get creative – what else could you add? Perhaps a sprinkle of coconut flakes or some dried cranberries. You could even add some peanut butter to the blender. Experiment and see what works.



Allergy information

Ingredients in **bold** are allergens. Allergens are substances that can cause allergic reactions in some people. If you have a food allergy, carefully check the items listed. You can find more information at tinyurl.com/TWJ-allergy

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WARNING!

Ask an adult to help you chop the fruit and use the blender.

A healthy
fruity treat.

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