

Smoothie Bowl

Shopping List

- Raspberries
- Blueberries
- Blackberries
- Flax Seeds
- Banana
- Orange Juice
- Natural Yoghurt
- Dessicated Coconut

Duration: 10 minutes

Servings: 1



Method:

To make the smoothie, blend the berries, orange juice, and yogurt.

The toppings are blueberries, flax seeds, banana and dessicated coconut.