

Vanilla Smoothie Bowl

Total Time:

Portions: 2-2 Portions

Ingredients

Ingredients

1 Banana

150 g Fresh Mixed Berries frozen

100 g Greek Yoghurt

1 tsp Honey

about 50 - 100 ml Milk

Topping

30 g Berry Granola

50 g Fresh Mixed Berries e.g. strawberries, apple, banana

1 tbsp Chia Seeds

1 tbsp Coconut Flake

Preparation

- 1. Add the banana, frozen mixed berries, Greek yogurt, Taylor & Deledge Vanilla Bean Extract, and honey to a blender. Blend until smooth and creamy. If the mixture is too thick, gradually add milk until you reach your desired consistency.
- 2. Pour the smoothie mixture into two bowls. Arrange your favorite toppings such as granola, sliced fruits, chia seeds, and coconut flakes over the top.
- 3. Serve the Vanilla Smoothie Bowls immediately and enjoy a fresh and flavorful breakfast or snack.