

Smoothie Bowls

Your treat for the summertime months



BLEND TOGETHER:

- 500 ml nut milk
- 2 Tablespoons pea protein
- Handful cocoa nibs
- Handful Berries
- 1 banana
- Almond Butter

1. Pour into ramekin dishes or small bowls
2. Add a teaspoon of almond butter to each bowl by dripping into the middle.

Add more crunch: Sprinkle some cocoa nibs on top.

Add more texture and flavour: drizzle in a teaspoon of coconut oil

Add more sweetness: drizzle in a small dab of manuka honey

3. Pop into the freezer.... Wait until semi-frozen.... Enjoy with a spoon.