



✂ Ontbijt ⏱ 5 min ☆ 3/5

Banana Mermaid Bowl

This smoothie bowl gets its name from the beautiful colour the spirulina powder gives it.

1

Place the frozen bananas, Greek yoghurt and spirulina powder in a blender and puree until smooth.

2

Serve the mixture in a bowl and garnish with a variety of your favourite toppings.

3

Optional toppings: Blueberries, raspberries, kiwi fruit, banana, pineapple, mango, chia seeds, sunflower seeds, pumpkin seeds, chopped nuts, coconut flakes, and granola.

INGREDIENTS FOR 2 PERSONS

3 ripe Chiquita Bananas, chopped and frozen

3 tbsp Greek yoghurt

1 tsp spirulina powder

NUTRITIONAL VALUES PER PERSON

369 kcal Calories

3.9g Fat

2.1g Saturates

84.2g Carbohydrate

46.1g Sugars

6.1g Fibre

7.7g Protein

0.1g Salt