

Kale, Berry and Banana Smoothie Bowl

Serves: 2

Prep time: 5 minutes

Cook time: 0 minutes



2 serve per portion

Ingredients

2 cups of kale, stalk removed, roughly chopped

1 cup of mixed berries, frozen

2 bananas

1 handful mint, stalks removed

1 tablespoon coconut, shredded

Method

PLACE all ingredients in a blender and blitz until well combined.

SERVE in a bowl with a sprinkle of shredded coconut.



Everyday Food

Recipe courtesy of Marilyn Harrigan, Leyburn branch