

Name of RETNS Chef: ____Martha Hudson

Recipe Title: Smoothie bowl



Why you chose this recipe: Because it's delicious and good for you and we used up lots of fruit in our fridge.



Ingredients:

1.5 cups of frozen berries
1 frozen banana (in slices)

1/2 cup of Greek or natural yoghurt

Toppings: chia seeds, flaked almonds or other nuts, sliced fruit



Method:

Put everything except the toppings into a blender and whizz until you have a smooth consistency. Pour into a bowl and top with seeds, nuts and fruit

