



Berry Mint Bowl

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Prep 5 minutes




Makes 1.5L / Serves 4

400g frozen mixed berries
2 frozen bananas, chopped
750ml chilled coconut milk
15g fresh mint leaves
70g raw almonds or cashews
1 tablespoon vanilla protein powder (optional)

TO SERVE

Fresh berries, sliced banana, flaked almonds and baby mint leaves.

Method

1. Place ingredients into blender jug and secure lid.
 **GREEN SMOOTHIE / SMOOTHIE**
30–35 seconds or until smooth. Use tamper occasionally to press ingredients into blades if required.
2. Divide smoothie evenly between 4 bowls.
Serve: top with berries, banana, almonds and mint leaves.



Prep 10 minutes




Serves 1-2

150g frozen mixed berries
1 frozen banana, chopped
350ml chilled coconut milk
10 fresh mint leaves
35g raw almonds or cashews
2 teaspoons vanilla protein powder (optional)

TO SERVE

Fresh berries, sliced banana, flaked almonds and baby mint leaves.

Method

1. Place ingredients into personal blender cup and secure blade assembly.
 **GREEN SMOOTHIE / SMOOTHIE** until program finishes. Blend longer if required.
2. Pour smoothie into bowl.
Serve: top with berries, banana, almonds and mint leaves.