



Green Coconut Smoothie Bowl

Green Coconut Smoothie Bowl



Prep 15 minutes



Makes 1.5L / Serves 4

2 avocados
80g baby spinach
4 green apples, chopped
200ml chilled coconut water
220g coconut yoghurt
40g desiccated coconut
6 ice cubes
1 lime, finely grated rind and juice
1 teaspoon vanilla extract
½ teaspoon ground cinnamon
¼ teaspoon freshly grated nutmeg

TO SERVE

Sliced green apple, lime rind and juice, coconut yoghurt, roasted chopped pecans, shaved coconut and ground cinnamon.

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. Top with yoghurt, limed apple, pecans, coconut and sprinkle with cinnamon.

Serve: toss sliced apple in lime rind and juice. Place arrange on top of smoothie with yoghurt, limed apple, pecans, coconut and sprinkle with cinnamon.



Prep 10 minutes



Serves 1-2

½ avocado
30g baby spinach
1 green apple, chopped
100ml chilled coconut water
100g coconut yoghurt
20g desiccated coconut
3 ice cubes
½ lime, finely grated rind and juice
½ teaspoon vanilla extract
¼ teaspoon ground cinnamon
¼ teaspoon freshly grated nutmeg

TO SERVE

Sliced green apple, lime rind and juice, coconut yoghurt, roasted chopped pecans, shaved coconut and ground cinnamon.

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: toss sliced apple in lime rind and juice. Place arrange on top of smoothie with yoghurt, limed apple, pecans, coconut and sprinkle with cinnamon.