



Green Coconut Smoothie Bowl

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Prep 15 minutes



Makes 50oz (1.5L) / Serves 4

- 1 avocado, peeled, pitted
- 2 cups (50g) baby spinach leaves
- 1 medium green apple, chopped
- ¾ cup (240ml) chilled coconut water
- ¾ cup (200g) coconut yogurt
- ½ cup (40g) unsweetened coconut flakes
- 2 ice cubes
- 1 lime, zest and juice
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ¼ teaspoon freshly grated nutmeg

TO SERVE

Sliced green apple, lime zest and juice, coconut yogurt, roasted chopped pecans, shaved coconut, ground cinnamon

Method

1. Place ingredients into blender jug and secure lid.



GREEN SMOOTHIE / SMOOTHIE until program finishes. Blend longer if required.

2. Divide smoothie evenly between 4 bowls.

Serve: toss sliced apple in lime zest and juice. Arrange apples on top of smoothie with yogurt, pecans and coconut and sprinkle with cinnamon.



Prep 10 minutes



Serves 2

- ½ avocado, peeled, pitted
- 1 cup (25g) baby spinach leaves
- ½ medium green apple, chopped
- ½ cup (120ml) chilled coconut water
- ½ cup (100g) coconut yogurt
- ¼ cup (20g) unsweetened coconut flakes
- 2 ice cubes
- ½ lime, zest and juice
- ½ teaspoon vanilla extract
- ¼ teaspoon ground cinnamon
- Pinch freshly grated nutmeg

TO SERVE

Sliced green apple, lime zest and juice, coconut yogurt, roasted chopped pecans, shaved coconut, 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. Divide smoothie evenly between 2 bowls.

Serve: toss sliced apple in lime zest and juice. Arrange apples on top of smoothie with yogurt, pecans and coconut and sprinkle with cinnamon.