INGREDIENTS

1 tablespoon Quick Oats

1 tablespoon Chia Seeds

2 medium Kiwis

100g baby Spinach

4 cups frozen Bananas

TOPPING

Raspberries

Blueberries

Kiwis

Coconut flakes

METHOD

Step 1

Simply add quick oats and chia seeds to a blender and pulse until the desired consistency is achieved.

Step 2

Add the frozen bananas, spinach and kiwis to the blender and blend together with the oats and chia seeds mixture, scrapping down the sides until smooth.

Step 3

Decorate the smoothie with delicious fruit topping. You can add coconut flakes, chia seeds and other nutritious fruits because this is exactly what makes smoothie

bowl special. Enjoy your delicious smoothie immediately or cover and refrigerate to enjoy later.

Prep Time *6 minutes*

Servings *2 smoothie bowls*