



STRAWBERRY BANANA SMOOTHIE BOWL



SERVES: PREP TIME: COOK TIME:

1 | 5M | 0M

DAIRY FREE VEGAN VEGETARIAN

INGREDIENTS:

Smoothie Bowl:

½ Tbsp Crofter's Organic
Premium Strawberry Banana
Fruit Spread

1 Cup Almond Milk

½ Tsp Vanilla Extract

1 Frozen Banana (Chopped)

1 Tsp Chia Seeds

¼ Cup Wheat Bran

¼ Ground Flax Seed Meal

Toppings:

2 Tbsp Crofter's Organic
Premium Strawberry Banana

Fruit Spread

Fresh Strawberry (Sliced)

Fresh Banana (Sliced)

Chia Seeds

DIRECTIONS:

1. Start by making the smoothie bowl. Add the ½ Tbsp Crofter's Organic Premium Strawberry Banana Fruit Spread, almond milk, vanilla extract, and chopped frozen banana to a blender. Blend until smooth.
2. Add the smoothie mixture to a bowl. Next, add in the chia seeds, wheat bran and flax seed meal. Stir until evenly mixed.
3. Top with some fresh sliced strawberries, bananas, another sprinkle of chia seeds and 2 Tbsp Crofter's Organic Premium Strawberry Banana Fruit Spread. Serve and enjoy!