

SMOOTHIE BOWL

THE GREAT
EXHIBITION
ROAD FESTIVAL

Makes 1, Prep: 5 mins



Ingredients

Smoothie

200g frozen mixed berries
100g spinach leaves or kale leaves
1 ripe banana
75ml oat milk
1 tsp maple syrup
½ tbsp vanilla protein powder, vegan version if needed
10g Inulin powder (can be purchased [here](#))

Topping

Sliced kiwis, bananas and fresh berries
25g granola
25g dried fruits like apricots, cranberries, or raisins
A dollop thick yogurt or vegan yogurt

Steps

Put the berries, banana, oat milk, maple syrup and protein powder in a powerful blender and blend until smooth. Add a splash more milk if needed, but remember it needs to be quite thick.

Spoon the smoothie into a bowl and dot over the fresh fruit, granola and dried fruit.