



## Morning Smoothie Bowl

### Ingredients

- 1 frozen banana
- 1 ½ cups frozen strawberries
- 1 ½ cups coconut milk (or the milk of your choice e.g. soy, nut milk etc)

### Serving for one!

### Method

Combine the ingredients in a blender until thick and completely smooth. Pour into a beautiful bowl and top with your favourite toppings for extra nutrition, crunch and texture.

We love:

- A drizzle of Three Peaks Manuka honey.
- Your favourite raw or lightly toasted nuts, sesame, sunflower or pumpkin seeds.
- Chia seeds or goji berries.
- Fresh sliced banana or strawberries.

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