

Purition: Super Berry Smoothie Bowl Recipe

Ingredients

- 30g or 3 very heaped teaspoons Purition Strawberry
- Handful of fresh or frozen berries
- 50g Greek or coconut yoghurt
- 50ml milk or nut milk
- 20g rolled oats
- 1/3 banana

Method

1. Add all ingredients to blender cup & blend well (around 30 seconds should do it)
2. Serve & enjoy straight away!

Tips & swaps

- Top with some sliced banana or extra berries
- Swap the banana for a teaspoon or 2 of maple syrup if preferred
- Swap Purition Strawberry for any fruity Purition flavour

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