

Choc Orange Smoothie Bowl

CAL: 342 PROTEIN: 28 CARBS: 44 FIBRE: 5 FAT: 6



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SERVES:

1



TIME:

5 minutes



INSTRUCTIONS

Blend milk, yoghurt, protein powder and banana until nice and smooth. If the texture is too runny, add a few ice cubes to thicken it.

Transfer to a serving bowl and top with granola and orange slices.

INGREDIENTS

125ml oat milk

40g coconut yoghurt

1 tbsp chocolate protein powder (vegan if required)

1/2 medium frozen banana

5-10 pieces ice

To serve:

1 tbsp toasted muesli or granola (use gluten-free variety if required)

20g fresh orange, sliced

MACROS

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