



# banana mango smoothie bowl

Stay fuelled up until lunch with this healthy, smooth and scrumptious Banana Mango Smoothie Bowl.

SERVES: 2



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& lisa gnat

## ingredients

- 1 frozen peeled and sliced banana
- 1 cup plain 2% Greek yogurt
- 1 cup frozen mango
- 1/2 cup skim, soy or unsweetened almond milk

### Toppings

- Fresh blackberries
- Dried goji berries
- Chia seeds

print



## directions

1. Combine banana, yogurt, mango and milk in a blender. Blend until smooth. Pour into 2 bowls and top with your choice of toppings.

*“I know family comes first, but shouldn’t that mean after breakfast?”*

— JEFF LINDSAY



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