

## **Avo Smoothie Bowl with chia seeds, granola dust and berries**

*Lovely ripe avos make the most deliciously smooth and filling smoothies. Served in a bowl customised with any seasonal topping and your day will be off to a great start!*

**Serves 1**

### **Ingredients**

For the smoothie

- 1 ripe avocado, peeled
- ½ cup plain Greek yoghurt or almond or soya milk
- 1 tablespoon honey
- 1 banana
- 1 tablespoon protein powder (optional)

For the toppings,

- 2 tablespoons granola
- seasonal berries
- 1 tablespoon chia seeds
- 2 tablespoons granola
- nuts and dried coconut flakes

1. To make the smoothie, blend all the ingredients together in a blender and whizz until smooth, pour into a bowl.
2. To make the granola dust whizz the granola in a food processor until fine or pound in a pestle and mortar.
3. Top smoothie bowl with granola, seasonal berries, chia seeds and nuts.

