

EPISODE 1 - A RECIPE TO ENHANCE OUR LEARNING

INGREDIENTS

SMOOTHIE BOWL

SMOOTHIE BASE

- 1 cup spinach
- 1 cup frozen blueberries
- 1 frozen banana
- 3 tbsp cocoa powder
- 2 tbsp almond butter
- ½ cup Soy milk - fortified for calcium/bone health
- ½ cup Greek yogurt / coconut yoghurt alt for dairy free/ soy yoghurt
- 1 cup ice

TOPPINGS (can adjust to your personal preference)

- Blueberries
- Dark choc drizzle
- Granola
- Raspberries
- Cacao nibs
- Dark choc almonds



GRANOLA TOPPING

- Coconut
- Currants
- Buckinis
- Cinnamon
- Vanilla extract
- Oats
- Honey
- Walnuts
- Flax seeds
- Pumpkin seeds



METHOD

1. Get all of the frozen fruit ingredients and put them in blender
2. Blend at high speed until there are no chunks
3. Add in the other ingredients (e.g yoghurt, milk, almond butte etc)
4. Blend again until all ingredients are combined and there are no chunks
5. Pour smoothie base into bowl and add toppings to your preference

