



Yogurt Smoothie Bowls

Ingredients

- ½ cup yogurt of your choice
- 2 cups of frozen fruit such as berries, peaches, mango
- 1 frozen banana
- ¾ cup whole milk or milk of your choice such as oat, almond, soy

Topping Suggestions:

- ¼ cup homemade or store bought granola
- ¼ cup of fresh fruit
- 2 Tablespoons of chopped nuts
- 1 tsp of chia, flax or pumpkin seeds or cocoa nibs

1. Combine yogurt, frozen fruit, frozen banana and milk in a blender. Blend until smooth, if too thick, add additional milk 2 tablespoons at a time.
2. Pour smoothies into two bowls. Top each bowl with half the fruit, half the granola and half of the other toppings of your choice.

Equipment

- Measuring Cups
- Chef Knife
- Cutting Board
- Blender
- Silicone Spatula
- 2 Bowls for serving
- Spoons