



BREAKFAST



Nutrition Facts*

Calories	255cal
Protein	3g
Total Fat (0g trans fat)	14g
Carbohydrates	34g
Sugar	18g
Sodium	25mg

Nutritionist Approved

Smoothies offer a quick and convenient snack or meal, and are an easy way to incorporate more fruit and vegetables into your diet. This recipe in particular is packed with lots of fibre and good healthy fats which are essential for a high-energy smoothie!

*This nutrition information is provided as an estimate only, and individual results may vary due to natural fluctuations in fresh produce or with product choices.

KIWI LIME SUPERFOOD SMOOTHIE BOWL

BY CHEF STEPHANIE TUCCI

As we transition from winter to spring, you may want to start your day off with something more refreshing and less warming. This smoothie bowl is an excellent way to kick-start your day as it's nutritious, satisfying and delicious.

INGREDIENTS

2 kiwis	½ cup coconut milk
1 cup unsweetened coconut yogurt	½ cup ice
2 dates	Toppings
1 banana	Coconut flakes
2 tbsp. coconut flakes	Granola of choice
2 tbsp. mint leaves	Fresh kiwi slices
¼ tsp. vanilla	Mint leaves

METHOD

- 1 Place all the smoothie ingredients into a blender and blend on high speed until smooth.
- 2 Pour into two bowls and divide the toppings over both bowls.
- 3 Serve right away.

VEGAN /
GLUTEN-FREE
YIELDS 2 SERVINGS

