



Pink Lady® smoothie Bowl

Serves 2



Created by:
Chad January

Ingredients:

- ♥ 1 packet (350g) frozen mixed berries
- ♥ 2 cups (500ml) Pink Lady® apple juice
- ♥ 1 cup (250ml) almond milk
- ♥ 2 Tbsp (30ml) peanut or almond butter
- ♥ 1 tsp (5ml) vanilla essence
- ♥ ¼ cup (60ml) oats, toasted
- ♥ 3 Tbsp (45ml) Pink Lady® apple sauce

Method:

1. Blitz all smoothie ingredients in a blender until smooth.
2. Pour into serving bowls and garnish with edible flowers, apples, berries and coconut flakes.

For serving:

- ♥ Edible flowers
- ♥ Pink lady apples, sliced
- ♥ Mixed berries (we used strawberries and blueberries)
- ♥ Coconut flakes, toasted

