



Pink Lady® vegan breakfast smoothie bowl

Serves 2



Created by : Chad January

Ingredients:

- ♥ 4 Pink Lady® apples, cored and chopped
- ♥ Handful strawberries, hulled and chopped
- ♥ ½ cup (125ml) raspberries
- ♥ ¼ cup (60ml) oats, lightly toasted
- ♥ ½ cup (125ml) coconut water
- ♥ 1 Tbsp (15ml) honey
- ♥ Handful ice (optional)

Garnishes (optional):

- ♥ 1 Pink Lady® apple, sliced
- ♥ 1 fig, halved
- ♥ Handful blueberries
- ♥ Handful raspberries
- ♥ Mint leaves
- ♥ 1 Tbsp (15ml) chopped walnuts

Method:

1. Blitz together all smoothie ingredients.
2. Strain through a sieve (optional).
3. Pour into bowls or smoothie glasses.
4. Garnish with additional apple slices, extra fruit, mint leaves and nuts, if desired.

Pink Lady®

Make healthy living a part of your active lifestyle with Pink Lady® - naturally!

