

SMOOTHIE BOWL

COCONUT BANANA

INGREDIENTS:

- 3 Frozen Bananas
- 5 Ice Blocks
- 3 tsp Coconut Flakes
- 1 tbsp Almond Butter
- ¼ - ½ Cup Milk or Milk Alternative
- 2 Scoops Bioteen Unflavoured Whey Protein or Plant Protein

METHOD:

Place all ingredients into a blender and blend until smooth. Use the tamper to get the desired creamy consistency. Decorate with your favourite Toppings.

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