

SMOOTHIE BOWL

CHOC HAZELNUT

INGREDIENTS:

- 3 Large Frozen Bananas
- 1 tbsp Hazelnuts soaked for 30 minutes
- 2 Large Medjool pitted dates
- ¼ - ⅓ Cup Milk Alternative
- 2 Scoops Bioteen Chocolate 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. Add 3-5 Ice Blocks when using Plant Protein. Decorate with your favourite Toppings.

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