

## Berry Coconut Smoothie Bowl

Cuisine: N/A

Recipe Type: International

Cooking Time:

Serving: 2 Peoples

Ingredients:

- Coconut milk, 40 mL
- Water, 40 mL
- 1 Banana, 40 g
- 1 cup Strawberries, 152 g
- 1 cup Raspberries, 125 g
- 1 cup Greek yoghurt, 250 g
- Ice, 160 g
- [Nestle® Docello® Dairy Base](#), 20 g
- 1 cup Fresh blueberries, 150 g

Nutritional Information:

- Energy (kcal) *158 kcal*
- Protein (g) *3 g*
- Fats, total (g) *5 g*
- Carbohydrate, total (g) *30 g*
- Sugars, total (g) *17 g*
- Fats, saturated (g) *4 g*
- Fiber, total dietary (g) *8 g*
- Sodium (mg) *8 mg*
- Calcium (mg) *46 mg*
- Cholesterol (mg) *0 mg*
- Iron (mg) *2 mg*
- Vitamin A, IU *83 IU*
- Vitamin C (mg) *71 mg*
- Vitamin D (µg) *0 IU*

Procedure:

1 Blend all the ingredients together besides the yoghurt for 40-50 seconds.

2 Pour into a bowl. Top with the yoghurt and garnishes.

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