

Tropical Smoothie Bowl

Smoothie bowl tropical

- 10 min
- Easy
- 310 kcal per serving
- Breakfast
- Snack
- Vegan
- Gluten-Free
- Kids



Ingredients

FOR ONE SERVING

Mango (Mangue)	1
Banana (Banane)	1
Coconut milk (Lait de coco)	100 ml
Passion fruit (Fruit de la passion)	1
Coconut flakes (Flocons de coco)	15 g
Granola (Granola)	20 g

Nutrition facts

PER SERVING

Calories	310
Protein	6 g
Carbohydrates	54 g
Fat	10 g
Fiber	6 g

Preparation

- 1 Peel the mango and banana, then cut them into chunks.
- 2 Scoop the passion fruit pulp into a bowl and set a little aside for topping if you like.
- 3 Add the mango, banana and coconut milk to a blender, then blend until smooth and thick.
- 4 Pour the smoothie into a bowl and spread it evenly.
- 5 Top with the reserved passion fruit pulp, coconut flakes and granola.
- 6 Serve immediately while cold and creamy.

GOOD TO KNOW

For a thicker bowl, use the banana and coconut milk straight from the fridge.