

Raspberry smoothie bowl (vegan)



15 min. 351 kcal SteviaSweet Crystal

Preparation

Place all the ingredients for the smoothie in a blender and blend until smooth. You can also do this using a stick blender. Pour the smoothie into individual bowls and garnish with the fresh berries and seeds.

Ingredients for 2 servings

200 g	raspberries (fresh or frozen)
200 ml (150 g)	oat yoghurt
1	banana
2 g	SteviaSweet Crystal
1 1/2 tbsp	sunflower seeds
1 1/2 tbsp	pumpkin seeds

To serve

50 g	fresh raspberries and blackberries
30 g	redcurrants
1 tbsp	sunflower seeds
1 tbsp	pumpkin seeds

Nutritional information per portion

351	kcal
1474	kJ
14.5	g Protein
33.5	g Carbohydrates
15.5	g Fat