Manuka Super Smoothie Bowls

EASY • 15 MINS

Fun to make and eat, our spoonable smoothie bowls look as pretty as they taste. An easy way to enjoy your daily serve of fruits, vegetables and vitamins!



SKILL LEVEL	PREP TIME	SERVINGS
Easy	15 mins	2

Ingredients

Base Recipe

- 2 bananas, frozen, chopped
- 4-6 ice cubes

Method

1. Combine all ingredients in a high powered blender.
2. Process until smooth and adjust thickness to desired consistency by adding more milk.

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- ½ cup milk or nut milk of choice
- 1/3 cup yoghurt
- 2 tsp almond or cashew butter
- 2 tbsp rolled oats
- 1 tsp vanilla extract
- 1 tbsp Capilano Active Manuka Honey, plus extra to serve

Method

3. Choc Hazelnut Dream: Add 2 tsp cacao or cocoa powder to base recipe. Top with hazelnut spread, toasted hazelnuts, coconut, choc chips and a Capilano Manuka drizzle!

4. Pineapple, Avocado, Spinach: Swap 1 banana for 1 cup frozen pineapple. Add a handful of spinach and ½ an avocado to base recipe. Top with berries, granola clusters and a Capilano Manuka drizzle!

5. Strawberry Squeeze Swap 1 banana for 1 cup frozen strawberries in base recipe. Top with strawberries, goji berries, toasted almonds and a Capilano Manuka drizzle!

Used in this recipe



Active Manuka Honey

Nature's Sweet Superfood
Made by some of the world's healthiest bees*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine
Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

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