



Coconut yoghurt can be traded for regular or low fat Greek yoghurt if you're not a fan.

ROCKY ROAD SMOOTHIE BOWL

SERVES: 2

TOTAL TIME: 5 MINUTES

INGREDIENTS

- 1 large frozen **banana**
- 125 grams **coconut yogurt**
- 2 scoops chocolate **protein powder**
- 120 millilitres **almond milk**
- 90 grams frozen **courgette**
- 1 teaspoon **chia seeds**
- 1 tablespoon **cacao powder**
- Slivered **almonds**, almond **butter** and marshmallows for topping

INSTRUCTIONS

- Pour half of the coconut yogurt in the bottom of two wide glasses or bowls.
- Blend all remaining ingredients except toppings together.
- Pour the blended mixture into the glasses and top with the remaining coconut yogurt, almond slivers, almond butter and marshmallows.
- Enjoy cold!

MACROS PER PORTION

CALORIES	279	PROTEIN	26
CARBS	23	FATS	12
FIBRE	2		