



VERY BERRY SMOOTHIE BOWL

Serves 1 Time to make 10 mins Cost per serve \$4.05

- ⅔ cup skim milk**
- 3 teaspoons of chia seeds**
- 1 cup frozen raspberries**
- 1 fresh pitted date**
- ½ banana chopped**
- 1 heaped teaspoon of K-Fibre supplement**
- ½ banana sliced, to top**
- 10 fresh blueberries, to top**
- 1 large strawberry sliced in half, to top**
- 1 tablespoon of seedy granola, to top**
- ½ teaspoon of chia seeds, to top**
- 1 teaspoon honey, to drizzle**

- 1** Combine milk and chia seeds in a small bowl, mix and leave for 5 minutes to thicken slightly.
- 2** Once milk and chia mix has thickened, add to a blender with raspberries, fresh date, chopped banana and K-Fibre supplement. Blend until well combined.
- 3** Top creatively as you like with the sliced banana, blueberries, strawberry, granola, drizzle with honey and sprinkle some chia seeds on top.

HIGH FIBRE **LOW SODIUM**

PER SERVE

1149kJ/274cal	Sugars 37.4g
Protein 4.8g	Fibre 9.1g
Total Fat 7.5g	Sodium 109mg
Sat Fat 0.6g	Calcium 189mg
Carbs 43.1g	Iron 1.7mg

Brought to you by

Kfibre™
Feeds. Fixes. Fortifies.