

Whitworths

Nectarine, Chia & Blueberry Smoothie Bowl



INGREDIENTS

For the base...

- 1 banana
- 1 ripe nectarine (stone removed)
- 125ml apple juice
- 50g yogurt
- 20g honey
- 2 tbsp chia seeds

For the topping...

- 2 x 25g **Whitworths Blueberry & Seed Shots**
- fresh blueberries (handful of)

 Makes 2  5 mins + overnight to set  5 mins

READY...STEADY...BAKE

- ♥ Place the banana, nectarine, juice, yogurt and honey into a food processor and blend until smooth.
- ♥ Stir in the chia seeds.
- ♥ Pour into bowls then refrigerate overnight to set.
- ♥ Top with the Blueberry & Seed Shot and the fresh blueberries.
- ♥ Serve and enjoy!

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Happy Baking!