



Fruity Smoothie Bowl with Berries

⌚ 15—20 Min   

Preparation

- 1 Add the berries, banana, Greek yogurt, rolled oats, almond milk, honey and the Kotányi spices into a stand mixer. Blend until creamy and smooth.
- 2 Serve the creamy pureed berry mix in bowls.
- 3 Garnish the smoothie bowl with fresh berries, linseed, mint leaves, nuts, a little honey and enjoy.

Ingredients 2 Portions

♦ = Kotányi Produkte

Smoothie

200 g	Mixed berries
1	Banana
3 tbsp.	Greek yogurt
2 tbsp.	Rolled oats, fine
125 ml	Almond milk
1 tbsp.	Honey
1 tsp.	Linseed
6	Mint leaves, fresh
0.5 tsp.	♦ Cardamom, Ground
1 tsp.	♦ Cinnamon, Ground
	Your choice of nuts

