

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