



✂ Snack ⌚ 10 min

## Vegan Chiquita Banana and Beet Smoothie Bowl

Want to learn how to make a banana vegan smoothie bowl? This smoothie bowl is a good source of fiber, protein, healthy fats and carbohydrates to start your day right.

1

Blend almond milk with finely chopped frozen Chiquita banana, beetroot, cinnamon and ginger powder. Season with lemon juice.

2

Scoop and pour mixture into bowls and garnish with slices of Chiquita banana, blackberries, goji berries, chia seeds and mint.

### INGREDIENTS FOR 2 PERSONS

- 1 cup almond milk or other (plant) milk
- 3 frozen Chiquita bananas
- 2 pre-cooked beetroot
- 2 tsp cinnamon
- 1 tsp ginger powder
- juice of half a lemon
- 1 Chiquita banana
- 3.5 oz blackberries
- 1 tbsp goji berries
- 1 tsp chia seed
- fresh mint for garnish
- food processor
- blender or hand blender
- Parisienne drill

### NUTRITIONAL VALUES PER PERSON

- 344 Calories
- 3g Fat
- 0,5g Saturates
- 65,2g Carbohydrate
- 49,4g Sugars
- 11,7g Fibre
- 6,2g Protein
- 1,1g Salt