



✂ Smoothie ⏱ 10 min

Easy Frozen Chiquita banana smoothie bowl

So easy to make and so deliciously creamy, this high protein frozen smoothie with Chiquita banana makes for the perfect post- workout meal!

1

Chop the Chiquita bananas in pieces and freeze them for at least 1 hour.

2

Blend the frozen Chiquita banana pieces with the oat milk and cinnamon. Pour into small bowls.

3

Add the honey, cocoa nibs, walnuts and blueberries to smoothie bowl.

4

INGREDIENTS FOR 2 PERSONS

2 Chiquita bananas (frozen)
2 cups of oatmilk
2 tsp of cinnamon
4 tsp of honey
3 tsp of walnuts
3 tsp of cocoa nibs
2 tsp of blueberries
mint for garnish
Needed: blender, food processor or hand blender

NUTRITIONAL VALUES PER PERSON

414 Calories
18,1g Fat
2,7g Saturates
53,4g Carbohydrate
37g Sugars
5,2g Fibre
6,4g Protein
0,3g Salt

Garnish with some mint.

5

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