



✂ Breakfast ⏱ 10 min

Vegan rainbow bowl with Chiquita banana and fresh fruits

This amazing vegan rainbow bowl with Chiquita banana and fresh fruit recipe is packed with vitamins and minerals. Eating an abundance of power-packed fruits with a wide variety of colors is a sure way to increase your energy level and nutrient intake.

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Cut 3 Chiquita bananas in pieces and put it in the freezer for a minimum of 5 hours.

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Blend the frozen Chiquita bananas with the coconut yogurt and divide over 2 bowls.

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Chop the other Chiquita banana, kiwi, strawberries and mango in pieces.

INGREDIENTS FOR 2 PERSONS

- 3 frozen Chiquita bananas
- 1 Chiquita banana in pieces
- 8 tbsp coconut yogurt
- 2 tbsp blueberries
- 2 tbsp red berries
- 2 tbsp mango pieces
- 2 tbsp Granola
- 4 strawberries
- 1 kiwi
- 10 mint leaves

NUTRITIONAL VALUES PER PERSON

- 434 Calories
- 5,7 g Fat
- 1,9 g Saturates
- 80,3 g Carbohydrate
- 61,7 g Sugars
- 9,4 g Fiber
- 8,1 g Protein
- 0,3 g Salt

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Prepare the red berries, strawberries and granola.

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Top the ingredients on the Chiquita banana icecream in a rainbow. Finish with the mint leaves.