

Strawberry Smoothie Bowl



DelFresco
Pure

Yield: 2 Bowls

Prep Time: 5 minutes

Total Time: 10 minutes

This tropical smoothie bowl is a bust of sweetness and a great way to start your day!

Ingredients:

- 3/4 cup vanilla yogurt
 - 3/4 cup orange juice
 - 1 banana
 - 1 cup YES!Berries
Your Everyday Snack!®
strawberries sliced and frozen
- Optional toppings like cocount, chia seeds, pineapple & blueberries

Directions:

1. Add all ingredients to a blender.
2. Blend until smooth
3. Divide between 2 bowls Garnish with optional toppings

Cooking Tips:

Freezing your banana and strawberries in advance will make your smoothie colder and thicker when blending. You can also add some spinach for additional greens.



Nutrition Facts:

Serving Size: 1, Calories 183, Total Fat 1.7g (2% Daily Value), Saturated Fat 1g (5% Daily Value), Cholesterol 6mg (2% Daily Value), Sodium 66mg (3% Daily Value), Potassium 722mg (15% Daily Value), Carbohydrate 35.3g (13% Daily Value), Dietary Fiber 3.2g (11% Daily Value), Sugars 25g, Protein 7g

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