



FRUIT SOLUTIONS



Red Fruit Power Bowl

Makes 1 portion

Preparation time approx. 5 minutes

Ingredients

- 200 g ZENTIS Spoonable Smoothie Red Fruits or Yellow Fruits
- 1 tbsp oats
- 1 tsp linseed
- 1 tsp pumpkin seeds
- 1 tsp coconut flakes
- 2 raspberries
- Mint leaf

Method

1. Put the chilled Spoonable Smoothie in a bowl
2. Sprinkle with flakes and seeds
3. Garnish with mint leaf and fruit