

# Mango Peach Raspberry Smoothie Bowl



TOTAL TIME

5 mins



COURSE

Breakfast, Dinner, Lunch, Snacks



SERVINGS

1 serving

CALORIES

390 kcal

## INGREDIENTS

- 1 c frozen mango chunks
- $\frac{3}{4}$  c Kite Hill Greek Yogurt swap for other plant-based yogurt for soy-free
- $\frac{1}{4}$  c soy milk swap for other plant-based milk for soy-free
- 1 tsp vanilla extract
- $\frac{1}{4}$  ripe peach sliced
- $\frac{1}{3}$  c raspberries
- 1 Tbsp sliced almonds
- 1 Tbsp unsweetened coconut flakes
- 1 tsp chia seeds

## INSTRUCTIONS

1. Combine mango, yogurt, milk and vanilla in a blender. Puree until smooth.
2. Pour the smoothie into a bowl and top with peach slices, raspberries, almonds, coconut and chia seeds to taste.

## NUTRITION

## Nutrition Facts

Mango Peach Raspberry Smoothie Bowl

Amount Per Serving (1 g)

<b>Calories</b>	390	Calories from Fat	171
<b>% Daily Value*</b>			
<b>Fat</b>	19g	<b>29%</b>	
<b>Carbohydrates</b>	32g	<b>11%</b>	
<b>Protein</b>	25g	<b>50%</b>	

\* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!