

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

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Amount Per Serving (1 g)

Calories 390 Calories from Fat 171

% Daily Value*

Fat 19g **29%**

Carbohydrates 32g **11%**

Protein 25g **50%**

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



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!