



# MANGO-AVOCADO SMOOTHIE BOWL

## INGREDIENTS

- 300 ml of yoghurt
- ½ avocado, peeled and stone removed
- ½ mango, peeled and in slices
- 75 grams of (deep frozen) blueberries
- 1-2 tablespoons of honey
- 2 tablespoons of granola or muesli
- A handful of mixed nuts

## DIRECTIONS

Puree the yoghurt with the avocado,  $\frac{3}{4}$  of the mango and  $\frac{3}{4}$  of the blueberries with a blender.

Season with honey and pour in two bowls.

Spoon the granola and nuts on the yoghurt.

Put some extra slices of mango and blueberries on it.

BREAKFAST

2 PERSONS

TIME: 20 MINUTES

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