



# CLONAKILTY

## RED BERRY SMOOTHIE BOWL



By Irish Yogurts Clonakilty

Red Berry Smoothie Bowl

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Method

- In a food processor combine your frozen fruits and yogurt
- Tip out into a bowl
- Top with slices of banana, mixed berries and other fruit, chia seeds, granola, etc....

Ingredients

- 500g Frozen Strawberries and Raspberries
- 150g [Irish Yogurts Clonakilty 0% Fat Greek Style Live Yogurt with Strawberry or Low Fat Greek Style Natural Natural Live Yogurt](#)
- 1 banana
- 100g Mixed Berries
- Chia Seeds
- Granola

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