

Fruit-Filled Smoothie Bowl

Total: 10 min. Active: 10 min. Yield: 1 serving.

Nutritional Information Per Serving

Calories: 352. Total Fat: 9g. Carbs: 46g. Protein: 23g.

Ingredients

- 1 cup frozen mango chunks
- 3/4 cup nonfat plain Greek yogurt
- 1/4 cup reduced-fat milk
- 1 tsp vanilla extract
- 1/4 ripe peach, sliced
- 1/3 cup raspberries
- 1 tbsp sliced almonds
- 1 tbsp unsweetened coconut flakes
- 1 tsp chia seeds

Directions

Combine mango, yogurt, milk and vanilla in a blender. Puree until smooth.

Pour the smoothie into a bowl and top with peach slices, raspberries, almonds, coconut and chia seeds to taste.

