

FRUIT SMOOTHIE BOWL



Serves
4



Prep
10 minutes

Suitable for vegetarians and vegans

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	74kcal	11.2g	1.2g	0.3g	0.1g

METHOD

1. Put the mango slices and half of one can of the peach chunks into a blender with the yogurt and blend until smooth. Alternatively, use a hand-held stick blender.
2. Share the smoothie between four wide bowls.
3. Arrange the remaining fruit neatly over the surface, sprinkling the granola in between. Serve immediately, or cover and chill to serve within 1 hour.

INGREDIENTS

- 1 x 432g can **Princes Mango Slices with Juice**, drained
- 2 x 220g cans **Princes Peach Chunks with Juice**, drained
- 400g soya-based yogurt
- 1 x 227g can **Princes Pineapple Chunks with Juice**, drained
- 1 x 298g can **Princes Mandarin Segments with Juice**, drained
- 50g granola



