

Choco Fever Dream

Fruit Smoothie Bowl – Ready In 5 Minutes

5 min Prep time	**5 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Base

- [ ] 1 cup frozen mixed berries
- [ ] 1 ripe banana, sliced and frozen
- [ ] ½ cup Greek yogurt
- [ ] ¼ cup orange juice or almond milk
- [ ] 1 tsp honey (optional)

Toppings

- [ ] ¼ cup granola
- [ ] 1 tbsp chia seeds
- [ ] Fresh berries (strawberry, blueberry)
- [ ] A drizzle of honey
- [ ] A squeeze of lime juice

Instructions

1. Gather all ingredients; make sure the fruit is frozen and the yogurt is chilled.
2. Add frozen berries, banana, yogurt, juice, and honey into the blender. Blend on high until smooth and thick.
3. Pour the smoothie into two bowls, spreading it evenly.
4. Arrange granola, fresh berries, chia seeds, and a drizzle of honey on top. Finish with a quick squeeze of lime.
5. Enjoy immediately while the bowl is cool and the toppings stay crunchy.

Nutrition per serving

280 kcal	12 g	45 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the blend is too thick, add a splash more juice or milk.
- For extra protein, stir in a spoonful of nut butter after blending.
- Feel free to experiment with seasonal fruits like mango or peach.