

# Avocado smoothie bowl



 5 min.  255 kcal  SteviaSweet Liquid

## Preparation

Put all the ingredients in a blender or food processor and mix until smooth. Divide into bowls and garnish with coconut flakes and granola.

You can freeze the banana and avocado beforehand if you want to make a cold smoothie.

## Ingredients for 2 servings

1	banana
1	avocado
1	kiwi
100 - 200 ml	almond milk
100 g	spinach
1 tsp	SteviaSweet Liquid
1/4 tsp	salt

To serve

Sugar-free granola
Coconut flakes

## Nutritional information per portion

255	kcal
1065	kJ
5.5	g Protein
21	g Carbohydrates
15	g Fat