

Raspberry Smoothie Bowl

Ingredients

- 100g frozen raspberries
- 2 tbsp Greek yogurt, plus extra for drizzling
- 1 tsp vanilla essence (optional)
- (1/2pt) freshly squeezed orange juice
- Drizzle of honey
- 2 tablespoons of pomegranate seeds
- 2 clementine's, segmented



Smoothie bowls are a kind of fruity soup that make a nutrition-packed start to the day. Any range of toppings can work, such nuts and seeds, yogurt.

Method:

In a blender, whizz the raspberries, yogurt, vanilla (if using), orange juice, honey and most of the pomegranate seeds, until combined. Divide the mixture between 4 shallow bowls. Drizzle with a little extra yogurt, then top with the clementine segments, remaining pomegranate seeds and chia seeds, if you like.