



Recipe of the Week

KIWIFRUIT SMOOTHIE BOWL

This thick, nutritious smoothie makes a great breakfast and takes almost no time.

Ingredients

1 kiwifruit
1 small banana
6 – 8 strawberries
Handful baby spinach
Sprig of mint (optional)
 $\frac{3}{4}$ cup Greek yoghurt
 $\frac{1}{4}$ cup orange juice
1 teasp chia seeds
1 teasp honey, to sweeten (optional)
Topping: sliced kiwifruit

Method

1. Place all ingredients except for topping in blender and process until smooth. Add more orange juice if you prefer a thinner consistency.
2. Pour into bowl.
3. Cut extra kiwifruit into slices and arrange in bowl in the shape of a flower.
4. Top with pansy or viola flowers.

Recipe courtesy NZ Gardener 2018 Garden Diary