



**READY TO COOK**  
BY HARRIS FARM

# SUPER BERRY BREAKFAST BOWL



PREP  
**10 min**



COOK  
**N/A**



SERVES  
**4**

## INGREDIENTS:

- > 2 Punnets Blueberries
- > 1 Punnet Blackberries
- > 2 Punnets Strawberries
- > 1 Punnet Raspberries
- > 2 Cups Banana
- > 1 Cup Coconut Water
- > 2 Cups Granola
- > 2 Cups Mixed Berry Yoghurt

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Honey
- > Roasted Coconut Flakes
- > 4 Tbsp Maca Powder

# METHOD - GET COOKING!



**1** Freeze the **banana** and  $\frac{3}{4}$  of the **berries** in advance. **Leave** the **remaining**  $\frac{1}{4}$  of the **berries** **fresh** for serving.

**2** Blend frozen fruit, **Maca powder** and **coconut water** until thick and smooth.

**3** Serve in a bowl topped with **granola**, **fresh berries** and **roasted coconut flakes**. Add a dash of **honey** and **yoghurt** if desired.

## CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



## FEEDBACK OR QUESTIONS?

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