

# NATIVE & Delishful Foods

experience australia on your taste buds

## **Antioxidant-Packed Kakadu Plum Smoothie Bowl**



### **Ingredients: Smoothie Base:**

- 2 frozen bananas, roughly chopped
- 1 mango, roughly chopped
- 1 cup of ice
- 1 cup coconut water
- 1/2 cup almond milk
- 2 tsp [Kakadu Plum powder](#)
- 1 cup your favorite granola

### **Toppings: (anything healthy)**

- Sliced strawberries
- Kiwi Fruit
- Blue Berries
- Chia seeds
- Granola
- Nuts
- Coconut yoghurt

*Description: This [Kakadu Plum](#)-infused smoothie bowl is a delightful blend of antioxidants and the vibrant flavours of summer fruits—mango, banana, and coconut .. just add your favourite, it's all good for you*

*Preparation Time: 10 Minutes Serving Size: 2*

**Method:**

1. *In a blender, combine your favourite topping like bananas, mango, blue berries, ice, coconut water, almond milk, [Kakadu Plum Powder](#), and half of the granola. Blend until smooth.*
2. *Divide the mixture equally into two bowls.*
3. *Arrange sliced strawberries, remaining granola, chia seeds, and nuts in a moon shape on top of the smoothie.*
4. *Optionally, swirl a bit of coconut yoghurt into the uncovered smoothie.*
5. *Note: Substitute frozen Tropical Fruit Mix for fresh toppings like bananas and mango, whatever is easy for you to keep you eating healthy.*