

X-Mas Energy Smoothie Bowl

1 Bowl

🕒 5 minutes

● level of difficulty



Ingredients

2 bananas

1 orange

1 handful of raspberries

1 tsp honey (optional)

1/4 tsp cinnamon

1 Stick **nadLIFE® Energy+**

30 ml water

Toppings:

1 kiwi

apple stars

a few currants

1 pecan nut

coconut flakes

Preparation

Peel the bananas and oranges, then finely puree them and mix together with the other ingredients.

Proceed to garnish and decorate a Christmas tree with the toppings.

