

BERRY SMOOTHIE BOWL



GYMGAIR

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Serves 2

NUTRITIONAL INFORMATION:

Gluten Free, Dairy Free, Vegetarian, Vegan

Kcal: **292**

Protein: **10.5g**

Carbohydrate: **39g**

Fat: **10.5g**



INGREDIENTS

- 50g Chia Seeds
- 28g Buckwheat Porridge Flakes
- 500ml Almond Milk
- 150g Frozen Summer Berries
- 2 tbsp Maple Syrup
- 1 Handful Fresh Berries
- 2 tbsp Chia Seeds
- 2 tbsp Pumpkin Seeds
- 2 tbsp Sunflower Seeds

COOKING TIME: 30 minutes

METHOD:

1. In a large bowl stir the chia seeds and buckwheat flakes into the almond milk. Leave to thicken for 20 mins.
2. Transfer the mixture into a blender then add the frozen berries and maple syrup. Blend until smooth.
3. Pour into two bowls and garnish with the fresh berries and assorted seeds. Serve immediately.

gymgair@outlook.com