

Fig, almond & vanilla smoothie bowl

160g frozen banana, cut into slices
3 fresh figs

180g Greek yoghurt (use dairy free
if preferred)

1 tsp vanilla extract

40g vanilla flavour whey or rice
protein powder

40ml unsweetened almond milk
(or use milk of your choice)

1 tbsp almond butter

for the topping:

10g almonds, chopped

1 tsp chia seeds

1 fresh fig, cut into wedges

Place all of the ingredients in a blender
and blend until creamy.

Transfer to a serving bowl.

Top with the almonds, chia seeds and
remaining fig.

*Store any leftovers in an airtight container
and refrigerate for up to 1 day.*

SERVES 2



PER SERVING:

416 Calories

46g Carbs

31g Protein

12g Fat