



STRAWBERRY KIW I & LIME SMOOTHIE BOWL

Ingredients

50g fresh strawberries
1 kiwi, skin removed
1 frozen banana
Juice of 1 lime
2 tablespoons Mr Fitzpatrick's
Strawberry & Kiwi cordial
100ml natural yogurt (can
be dairy-free)

To decorate -

Kiwi slices
Strawberry halves
Dried strawberries
Bee pollen

How to

1. Place the strawberries, kiwi, frozen banana chunks, lime juice, cordial and yogurt in a blender or food processor and whizz up until smooth and quite thick.
2. Pour into a bowl, add your toppings to make it look pretty and enjoy straight away!