

Creative Gourmet

Healthy Breakfast Bowl



Serves
2-3



Prep Time
5 min



Cook Time
0

Ingredients

- 1 cup Creative Gourmet Frozen Pink Dragonfruit Chunks
- 1 cup Creative Gourmet Frozen Raspberries
- 1 cup Creative Gourmet Frozen Banana Chunks
- 2 Medjool Dates
- 2 Medjool Dates



Products Used In This Recipe

Method

1. Add all frozen fruits and dates into a blender with $\frac{1}{4}$ of the coconut water
2. Blend adding a little more coconut water as required – but don't overdo it as you want it to remain thick
3. Once combined, spoon into a bowl and top with your favourite toppings such as fruit, granola, nuts and seeds