

Not Acai Bowl

Serves: 1
Prep time: 8 Minutes
Cooking time: Nil

Ingredients:

- 1 cup of milk
- 1 cup of frozen mixed berries
- 1 cup of frozen mango
- 1 frozen banana
- 1 tablespoon [hemp seed](#)
- ½ cup granola
- ½ fresh banana, sliced



Delicious, filling and healthy

Method:

- Place all frozen fruit, hemp seed and milk in blender and blitz until smooth
- Pour into a bowl
- Sprinkle the granola over one side of the smooth fruit
- Place sliced banana's around the side of the bowl
- Serve and enjoy

Note: This is my granddaughter Matisse's favourite breakfast, especially when playing sport