

STRAWBERRY-BANANA SMOOTHIE BOWLS

Prep Time: 15 Minutes - Start to Finish: 15 Minutes

Smoothie bowls will never go out of style, and this one proves it. A tasty combination of strawberries, strawberry yogurt, bananas, nuts and Cascadian Farm™ Organic Cinnamon Crunch Cereal makes these spoonable breakfast bowls worthy of every weekday.

2 containers (6 oz each) Yoplait™ Original Strawberry Yogurt
1 small banana, frozen
1 cup fresh strawberries

Toppings

2/3 cup Cascadian Farm™ Organic Cinnamon Crunch Cereal
1/4 cup sliced banana
2 tablespoons sliced fresh strawberries
2 tablespoons chopped pecans

1. In blender, add yogurt, frozen banana and strawberries. Cover and blend on high speed until smooth, stopping blender to push down mixture or scrape sides as needed.
2. Pour into 2 serving bowls. Top each serving with Toppings. Serve immediately.

2 servings (1 bowl each)

1 Bowl Calories 350 (Calories from Fat 80); Total Fat 9g (Saturated Fat 2g, Trans Fat 0g); Cholesterol 10mg; Sodium 170mg; Total Carbohydrate 58g (Dietary Fiber 6g, Sugars 35g); Protein 9g
% Daily Value: Vitamin A 15%; Vitamin C 50%; Calcium 25%; Iron 8%;
Exchanges: 1 Fruit, 2 Other Carbohydrate, 1 Low-Fat Milk, 1 Fat
Carbohydrate Choice: 4

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Swap Cascadian Farm™ Organic Cinnamon Crunch Cereal for your favorite variety of Cascadian Farm™ cereal!
Swap fruit and nut toppings for your favorites, including blueberries, blackberries, raspberries, almonds or walnuts.
This recipe is easy to halve or double. If making more than 2 servings, only blend 2 servings in the blender at a time.

