

# Byron Beach Club Smoothie Bowl

Frozen Acai Blend with Banana and Almond Milk, Dragon Fruit,  
Strawberry, Granola and Honey **PB**

## Ingredients – Serves 1

1 banana - sliced and frozen  
100 g strawberries - frozen  
120 ml almond milk  
1/2 cup soy or coconut yogurt

100 g frozen acai puree - broken into pieces  
1 teaspoon each assorted toppings –  
toasted granola, toasted almond slivers,  
dragon fruit, fresh strawberries, honey

## Method

1. Freeze the fruit. Slice the banana and transfer it to a small baking sheet lined with parchment paper. To the same sheet, add the strawberries.
2. Transfer tray to the freezer and allow fruit to freeze completely.
3. Blend. Once frozen, add the almond milk and yogurt to the bowl of a large, high-speed blender.
4. Add the frozen strawberries, banana and broken up acai. With the blender on low, use a tamper to push the frozen fruit down, mixing around as much as possible. Continue to blend on low until smooth, only adding additional liquid when needed.
5. Assemble. Divide the smoothie into two bowls and top with the toppings. Serve semi-frozen