



Family
Recipes

Turmeric Smoothie Bowl

Ingredients - Serves 2 adults

- 50g porridge oats
- 3 tbsp natural yoghurt or dairy alternative
- 2 bananas, peeled and chopped
- 1 tbsp nut butter of your choice
- 2 tsp ground turmeric
- 1/2 tsp ground cinnamon
- 200ml water
- Toppings of your choice - chopped dates, chia seeds

Method

1. Put all the ingredients in a blender and blend until smooth
2. Serve in a bowl with toppings of your choice