



Frozen Tropical Bowl - Easy Breakfast Bowl

Serves 1 to 2

INGREDIENTS

- 1 frozen mango
- 1 banana
- 2 yellow plums
- 1 nectarine
- ¼ cup of coconut milk
- ¼ cup of **Almond Breeze Original Almond Milk**
- A sprinkle of coconut flakes
- A teaspoon of honey
- Fruit to decorate (suggested fruit sliced peaches, blueberries, grapes, coconut flakes, mint and chia seeds)



INSTRUCTIONS

- Blend the frozen mango, banana, plums and nectarine with coconut and almond milk.
- Add the coconut flakes and honey, and freeze for about 2 hours.
- Plate and decorate with some cut up fruits such as some sliced peaches, blueberries, grapes, coconut flakes, mint and chia seeds.

Credit: Recipe Supplied by Ayesha Mayet

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