



Banana Smoothie Bowl



SERVINGS

2



COOKING TIME

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Get creative with breakfast or snack time with this deliciously sweet banana smoothie bowl. Packed full of fresh flavors, this easy breakfast bowl or snack is perfect for when you're in the mood for something fruity. Top off your smoothie bowl with your favorite fruits, cocoa nibs, chia seeds and Quaker Granola.

Ingredients

- 1/4 cup [Quaker® Oats-Old Fashioned](#)
- 1/2 banana, peeled
- 1/2 avocado, peeled
- 1/3 cup plain yogurt
- 1/4 cup apple juice
- 1 tablespoon lime juice
- 1/4 cup mint leaves
- 1/2 cup ice

Topping Suggestions:

- Chopped apple
- Unsweetened shredded coconut
- Cocoa nibs
- Chia seeds
- Quaker® Granola

Cooking Instructions

1. Place all ingredients in a blender and mix until smooth.
2. Pour smoothie into bowl and top with the suggested toppings, as desired.