

**BRAN & BERRY SMOOTHIE BOWL** 1 portion**INGREDIENTS**

- 1/2 Cup of kelloggs All-Bran (45 g)
- 1 medium banana, sliced (118 g)
- 1/2 Cup of Berries of choice (75 g)
- 125 grams of yogurt, Greek, plain, nonfat

**COOKING METHOD**

- 1° Place half the all-bran original®, half the banana, a handful of your favourite berries (eg. raspberries, blueberries, strawberries) and yoghurt into a blender
- 2° Blend until smooth and creamy. Pour into a serving bowl.
- 3° Sprinkle remaining all-bran on top.
- 4° Decorate with a few more sliced fresh berries or banana to serve.

**NUTRITIONAL INFORMATION**

	PER 100 g	PER PORTION (363 g)	% DRI
ENERGY	103 kcal	373 kcal	19 %
FAT	1 g	3 g	4 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	6 %
CHOLESTEROL	2 mg	6 mg	2 %
SODIUM	58 mg	212 mg	9 %
CARBOHYDRATE	17 g	63 g	21 %
SUGARS	10 g	35 g	—
FIBER	1 g	3 g	12 %
PROTEIN	6 g	21 g	—