

Mango Smoothie Bowl

Prep time: 10 minutes

Servings: 3

Recipe Adapted from: <https://www.unlockfood.ca/en/Recipes/Breakfast/Mango-Banana-Smoothie-Bowl.aspx>

Ingredients:

- 1 mango, skin removed and diced
- 2 cups Plain 0% Greek yogurt
- 2 tsp Honey

Toppings:

- 1 cup Granola
- 1 tsp cinnamon
- 1/2 cup nuts and seeds (hemp seeds, pumpkin, sunflower seeds, etc.)

Directions:

1. In a blender, combine mango, yogurt, and honey. Blend until smooth.
2. Divide among 3 bowls and top with granola, nuts and seeds. Sprinkle with cinnamon and serve.

