

the berry
company

WHITE TEA & PEACH SMOOTHIE BOWL



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DON'T RESTRICT... RETHINK AND INDULGE!

SERVE IN A BREAKFAST BOWL	LIST <i>of</i> INGREDIENTS	
	100ML	THE BERRY COMPANY WHITE TEA & PEACH JUICE
	500G	ALPRO GREEK STYLE PLAIN YOGHURT
	100G	BANANA
	75g	FIGS (SLICED)
	15G	MIXED SEEDS
	1/2 TSP	XANTHAN GUM
	Blend the Alpro with the banana, and pour in the juice. Add sweetener to taste. Whilst that's blending, add the xanthan gum and let it thicken. Spoon/pour into a bowl and top with the figs and seeds, et voila!	
ENJOY		
REPEAT		

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