

Blueberry Smoothie Bowl

Ingredients:

2	very ripe bananas, frozen
1 cup	frozen blueberries
2/3 cup	quick rolled oats, divided
2 tbsp	ground flax &/or hemp seeds divided
1 cup	plain yogurt
2 tsp	liquid honey
2 tbsp	almonds with skin
2 tbsp	blanched almonds
½ cup	fresh blueberries

Recipe Information:

Preparation Time: 7 Minutes

Serves: 2

Directions:

1. Set aside fresh blueberries, almonds with and without skin and 2 tbsp of the oats.
2. In a blender, combine yogurt, honey, bananas, frozen blueberries, oats and seeds: puree until smooth. Pour into bowls and top with fresh blueberries, oats and almonds. Serve immediately.
3. If you don't have blanched almonds, you can use almonds with skin instead.

Recipe source: www.nutritionmonth2021.ca

Cooking with kids at any age can be fun and easy. If your kids get cooking now, chances are they will keep up this good habit as they grow older. In this recipe, kids can help to:

- Measure the ingredients
- Operate the blender (age dependent)



**** Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

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