

Matcha Breakfast Smoothie Bowl

Prep **10 Minutes**

INGREDIENTS

150g Rowan Glen Greek Style Natural Yogurt

1 small frozen banana, sliced

Two large handfuls of fresh spinach

50g frozen pineapple chunks

50g frozen mango chunks

½ tbsp honey

½ tbsp matcha powder

Splash of milk of your choice

METHOD

Add all the ingredients to a blender and blend on high until creamy and smooth, adding an extra splash of milk if necessary.

Pour into bowls and top with a selection of fruit, nut and seeds of your choice.

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