



## SAUNDERS' MALT EXTRACT

Preparation

5  
MINS

Makes

2-3

Difficulty

EASY

# BLUEBERRY BREKKY SMOOTHIE BOWLS

A nutritious smoothie bowl packed full of fruit, yoghurt and the goodness of Saunders' Malt Extract. Add extra crunch with our Malt-Toasted Muesli.

## INGREDIENTS

- 1/2 cup ice cubes
- 3/4 cup (200g) reduced-fat Greek-style yogurt
- 3/4 cup (180ml) reduced-fat milk
- 2 frozen peeled bananas, sliced
- 3/4 cup (110g) frozen blueberries
- 2-3 tablespoons Saunders' Malt Extract, to taste
- 1 tablespoon chia seeds (optional)
- 1/2 cup (60g) Malt-Toasted Muesli (see our recipe)
- Fresh blueberries, to serve (optional)

## METHOD

- 1 Blend the ice, yogurt, milk, banana, berries, Saunders' Malt Extract and chia seeds until smooth. Scrape down the sides of the blender regularly. Add an extra tablespoon or two of water if you need a little extra moisture in the blender to keep the ingredients moving. (This will depend on your blender).
- 2 Pour smoothie into two chilled bowls and top with Malt-Toasted Muesli and blueberries. Serve immediately.

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