

Tropical Smoothie Bowl

Ingredients:

- 8 oz. bag frozen Tropical Fruit Blend (mango, pineapple, papaya, strawberries)
- 6 whole frozen strawberries
- 1 cup coconut milk
- 4 oz (½ cup)coconut flavored Greek yogurt
- 1 small ripe banana, peeled
- 1 tablespoon honey
- 4 to 6 fresh strawberries, sliced
- 1 teaspoon chia seeds
- 2 tablespoons sliced almonds
- 2 tablespoons granola
- 2 tablespoons flaked coconut
- ½ cup Paradise Tropical Fruit, diced



Directions:

1. This recipe will make one large serving or 2 small servings.
2. In a blender, combine frozen tropical fruit blend, frozen whole strawberries, coconut milk, yogurt, banana, and honey. Blend until the mixture is well blended but still thick.
3. Pour mixture into a bowl. Arrange the sliced strawberries on top. Sprinkle with chia seeds, sliced almonds, granola, coconut and Paradise Tropical Fruit. Serve immediately.