



**RASPBERRY & FLAXSEEDS  
SMOOTHIE BOWL**

# RASPBERRY & FLAXSEEDS SMOOTHIE BOWL



Serves: 1  
Prep: 10 mins  
Cook: 5 mins



Nutrition per  
serving:  
240 kcal  
13g Fats  
28g Carbs  
8g Protein



## WHAT YOU NEED

- 3 tbsp. flaxseeds
- ½ cup (100ml) water
- 1 cup raspberries, frozen
- 3 heaped tbsp. (50ml) beetroot juice
- 2 tbsp. natural yogurt (or plant based)
- 1 tsp. raw cacao nibs

## WHAT YOU NEED TO DO

*Boil the water in the kettle.*

*Place the flaxseeds in a small pot and add in the water, cook for around 5 minutes, until the water turns sticky. Then take off the heat and allow to cool slightly.*

*Place the raspberries and beetroot juice in a blender and blend until smooth. Next, add in the flaxseeds and blend again.*

*Transfer the smoothie into a bowl and top with the yogurt and cocoa nibs. Serve straight away.*