



Paradiso Smoothie Bowl

Ingredients

- 1 cup (250 ml) Alasko IQF Paradiso Fruit Mix
- 1 Alasko IQF Whole Peeled Banana (partially thawed)
- 1/4 cup (60 ml) Coconut water
- 1/4 cup (60 ml) Coconut milk
- TOPPINGS:
- 1 IQF Whole Peeled Banana (sliced)
- 2 tbsp Granola
- 1 tbsp Chia seeds
- 1 tbsp Dried cranberries & cashews

Product: IQF Paradiso Mix

Productcode: 50919

Type: Fruit blends

Format: 5 x 1 kg

Preservation:

Keep frozen at 0°F or -18° below. Remove desired amount and return any unused product to freezer. Do not refreeze.

Preparation:

Thaw product at room temperature or use frozen. Use any way you prefer fresh fruit or incorporated into your favorite recipe.

Steps

Add the frozen Alasko IQF Paradiso Fruit Mix, the partially thawed Alasko IQF Whole Peeled Banana, the coconut water & milk to a blender or food processor and blend thoroughly until the mixture reaches a soft consistency.

Scoop into a bowl and top with toppings as desired

TIPS:

Use the Alasko Paradiso Mix straight from the freezer when preparing smoothies

You may adjust the texture of your smoothie by adding or reducing the amount of the listed ingredients.

You can add chia seeds or flaxseeds to increase your intake of Omega-3 fatty acids.