



## Hawaiian Smoothie Bowl

**Prep: 15 minutes plus freezing • Serves: 2**

- 1 cup original (sweetened) coconut milk
  - 2 tablespoons chia seeds
  - 1 large banana, sliced and frozen (about 1 cup)
  - 1 cup frozen chopped mango
  - ½ cup unsweetened pineapple juice
  - 1 tablespoon honey
- Chopped fresh mango, toasted coconut, chopped macadamia nuts and fresh raspberries for garnish (optional)

**1.** In glass, stir coconut milk and seeds; let stand 10 minutes.

**2.** Add banana, mango, pineapple juice, honey and coconut milk mixture to blender; purée until smooth. Makes about 3 cups.

**3.** Divide mixture into 2 serving bowls. Top smoothies with chopped mango, coconut, nuts and/or raspberries, if desired.

*Approximate nutritional values per serving:*

*260 Calories, 6g Fat (3g Saturated), 0mg Cholesterol,  
30mg Sodium, 52g Carbohydrates, 7g Fiber, 38g Sugars, 3g Protein*

### Chef Tip

*Use a rubber spatula to scrape the chia seed gel that has settled to the bottom of the glass into the blender.*