QUEEN
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PREP: 5
COOK:
SERVES:2

Strawberries and Cream Smoothie Bowl

Bright, creamy, and naturally sweet, this Strawberries and Cream Smoothie Bowl is a refreshing way to start the day. Blended with frozen fruit, a boost of protein, and Queen's Sugar Free Strawberry Sundae Flavoured Topping, it's a wholesome bowl of better-for-you indulgence.

Ingredients

200g frozen bananas

200g cups frozen strawberries

1 1/2 tbsp Queen Sugar Free Strawberry Sundae Flavoured Topping, *+ extra to serve*

1/4 cup milk (or nut milk) of choice

1 tsp Queen Vanilla Extract 99% Sugar Free & Alcohol Free

30g (1 serve) vanilla protein powder

Fresh strawberries, to serve

Method

STEP 1

Combine the frozen bananas, frozen strawberries 1 1/2 tbsp strawberry syrup, milk & vanilla extract in a high powered blender and blend until smooth and creamy.

STEP 2

Transfer to a bowl, top with a couple fresh strawberries and a drizzle of strawberry syrup and serve with a spoon.

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