

Warm Winter Smoothie Bowls

Ideal for a winter breakfast on the run

200g frozen berries
2 tablespoons of honey
125ml milk
1 banana
1 orange, juiced
250g natural yoghurt
1 tablespoon muesli

Place frozen berries, honey and milk into a saucepan and heat until the berries have softened. Place the banana, orange juice, yoghurt and muesli into a blender then pour over the warm berry mixture. Blend until smooth then serve immediately while still warm. You can top with extra fruit or seeds.

