

# IRISH YOGURTS

## CLONAKILTY

### KIWI SMOOTHIE BOWL



By Irish Yogurts Clonakilty

Kiwi Smoothie Bowl

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Method

- In a food processor combine your kiwi and yogurt or Kefir
- Tip out into a bowl
- Top with slices of banana, chopped Kiwi and other fruit, chia seeds, granola, etc....

#### Ingredients

- 500g Frozen or Fresh Kiwi
- 150g [Irish Yogurts Clonakilty Whole Milk Natural Live Yogurt](#) or [Irish Yogurts Clonakilty Spoonable Kefir Natural](#)
- 1 banana
- 100g Mixed Berries
- Chia Seeds
- Granola

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