

Tropical Greek Yogurt Smoothie Bowl

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-smoothie-bowl-recipe>

Ingredients:

- Greek yogurt
- banana
- honey or other preferred sweetener
- strawberries
- mango
- kiwi
- toasted coconut
- slivered almonds
- chia seeds
- 2 cups Greek yogurt
- 1 banana
- 2 teaspoons honey
- 1 kiwi peeled and sliced
- 1/4 cup strawberries hulled and sliced
- 1/4 cup mango peeled and cubed
- 2 tablespoons toasted coconut
- 2 tablespoons slivered almonds
- 1 teaspoon chia seeds

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 25 milligrams
4. Fat: 11 grams
5. Fiber: 6 grams
6. Protein: 9 grams
7. SaturatedFat: 5 grams

8. Sodium: 85 milligrams
 9. Sugar: 36 grams
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