



RECIPE | MELONS

MELON & BANANA SMOOTHIE BOWL



10 min
PREP.



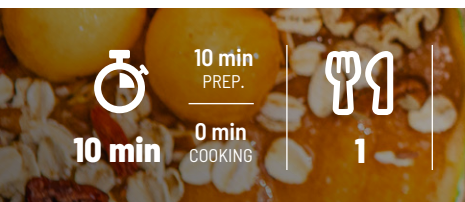
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easy

10 min

0 min
COOKING



INGREDIENTS

- 1 Pure Flavor® Oronais™ Sweet Charentais Melon
- 1 banana, sliced & frozen
- ¼ cup granola
- 2 tbsp unsweetened almond milk
- 1 tsp flaxseed, roasted
- Dried goji berries, for garnish
- Walnuts, chopped, for garnish



DIRECTIONS

- 1 Halve the melons and scoop out the seeds. Using a spoon, scoop out the flesh, then set melon bowls aside.
- 2 Cut melon into cubes.
- 3 Add the banana, melon, flaxseeds, and almond milk to blender.
- 4 To serve, pour the smoothie into a bowl and top with granola, walnuts and goji berries. Serve immediately.

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