

RECIPE | CUCUMBERS

# CUCUMBER MANGO SMOOTHIE BOWL



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Recipe created by *Hanan Ghadban*



## INGREDIENTS

**1lb bag** Pure Flavor® Mini Cucumbers, diced (reserve 2 whole for garnish)

**3 cups** frozen mango

**¾ cup** full fat plain Greek yogurt

**⅓ - ⅔ cup** unsweetened vanilla almond milk

**2** bananas, sliced & frozen

**1** avocado, diced

**1 tsp** honey

**½ tsp** flax seeds

**½ tsp** chia seeds

Pomegranate arils, mango, coconut, avocado, chia, flax, for garnish

## DIRECTIONS

**1** Add cucumbers, mango, yogurt, bananas, avocado, honey, flax seeds, and chia seeds to a blender. Pulse until combined. Slowly add in almond milk and continue pulsing until desired consistency. Start with ⅓ cup and add additional ⅓ cup if needed.

**2** Spoon into bowls and garnish with your toppings as desired.



**20 min**

**20 min**  
PREP.

**0 min**  
COOKING



**4**



**easy**