



RECIPE | CUCUMBERS

CUCUMBER MANGO SMOOTHIE BOWL


20 min

20 min
PREP.
0 min
COOKING


4


easy

INGREDIENTS

Recipe created by Hanan Ghadban

1lb bag Pure Flavor® Mini Cucumbers, diced (reserve 2 whole for garnish)
3 cups frozen mango
2/3 cup full fat plain Greek yogurt
1/3 - 2/3 cup unsweetened vanilla almond milk
2 bananas, sliced & frozen
1 avocado, diced
1 tsp honey

1/2 tsp flax seeds
1/2 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 1/3 cup and add additional 1/3 cup if needed.
- 2 Spoon into bowls and garnish with your toppings as desired.

