

Find this recipe at: <https://greenvalleylactosefree.com/in-the-kitchen/recipes/chunky-strawberry-smoothie-bowl>

Chunky Strawberry Smoothie Bowl

Prep time: 15 minutes

Servings: 2

When you're in need of a satisfying breakfast complete with probiotics, protein, and the perfect dose of sweetness, this is the smoothie for you. Warning though – this smoothie is chuuunky, so chunky you can't sip it through a straw. So, pack it in a bowl or mason jar and enjoy every tasty spoonful.

Green Valley Creamery

Ingredients

1 banana, chopped

2 6 oz. Green Valley Creamery Lactose-Free Strawberry Yogurt (Lowfat or Whole Milk)

$\frac{3}{4}$ cup unsalted peanut butter

1 cup strawberries

$\frac{1}{2}$ cup cooked oats

Granola, optional

Instructions

Place all ingredients in a blender (with crushed ice, if desired) and blend. Top with granola.