



### You will need

- 1 x Jaffa Easy Peeler
- 1 x Jaffa Super Sweet Pineapple
- 1 x Jaffa Seedless Lemon
- 1 x Frozen Banana
- 4 TBSP Coconut Milk
- Fresh Ginger (peeled)

## Jaffa Sunshine Smoothie Bowl

- MAKES **1**
- TIME **20** MINUTES
- LEVEL **Simple**
- CALORIES **100** PER PORTION

### Our step-by-step guide

- Step 1**  
Prepare your Jaffa Pineapple and cut into chunks. Once prepared, freeze your banana and pineapple at least overnight before making
- Step 2**  
Next, blend the base! Add the frozen banana, Jaffa Juicy Orange, Jaffa Super Sweet Pineapple chunks, coconut milk, ginger, and Jaffa Seedless Lemon juice to your blender
- Step 3**  
Blend until creamy and thick. Stop to scrape down the sides or add a splash more liquid if needed (make it to your desired texture!)
- Step 4**  
Taste and adjust. If it's too tart, add a little honey or maple syrup. If too thick for your liking, another splash of coconut milk helps
- Step 5**  
Pour or spoon into a bowl depending on thickness, smooth the top with a spoon, and decorate with your favourite toppings, such as granola or fruit
- Step 6**  
Enjoy!



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