

Blueberry Smoothie Bowl



200g silken tofu, drained

200g sweet potato, cooked, peeled

100g Frozen Blueberries (can use berries of your choice)

60g Pumpkin seeds

2tbsps Chia seeds

400ml almond milk (plant milk of choice)

(If not using a high speed blender, soak chia seeds and pumpkin seeds in water overnight and drain before use)

Cook sweet potato until soft

Place all ingredients into a blender and blend until smooth.

Best eaten immediately but can store in fridge.

Add choice of toppings