



Smoothie Bowl with Stockan's Oatcakes

Dr Laura Winess

SERVES: 2

TIME TO MAKE: 15MINS

ALLERGENS: MILK, GLUTEN (WHEAT, OATS)

Stockan's Oatcakes are a local Scottish favourite produced with wholegrain oats at their Orkney Island bakery.

Ingredients

Smoothie

- 75 g plain 0% fat Greek yogurt
- 100 g strawberries
- 50 g blueberries
- 60 g banana (about 1/2 half)
- 30 g baby spinach
- 1/3 cup (80 ml) almond milk alternative
- 1 handful of ice cubes

Toppings

- 2 Stockan's Orkney Thin Oatcakes
- 10g coconut flakes
- 2 tsp chia seeds



Notes

This recipe uses Stockan's Oatcakes as the perfect topping for a smoothie bowl to add crunch and fibre!

Other optional toppings include flax seeds, flaked almonds, pumpkin seeds, hemp seeds and cacao nibs.

Method

1. Place all smoothie ingredients in a blender and blend until smooth. Reserve a few strawberries and blueberries for the topping. Add ice cubes to achieve the desired consistency.
2. Pour the smoothie into a bowl and top with crumbled oatcake, coconut flakes, chia seeds and reserved fruit and enjoy!

	ENERGY	FAT	SAT FAT	SUGARS	SALT	CARBS	PROTEIN	FIBRE
	199 kcal	7.7 g	3.9 g	13 g	0.32 g	21 g	7.7 g	5.6 g
%RI	10%	11%	20%	14%	5%	8%	15%	19%

Per serving (255 g)

Reference Intakes (%RI) is based on an average adult woman (2000 kcal/8400 kJ)