*Breakfast Muesli Smoothie Bowl*

*Ingredients*

2 frozen very ripe bananas

1 cup (250 mL) frozen strawberries

2/3 cup (150 mL) quick-cooking rolled oats, divided

2 tbsp (30 mL) ground flax and/or hemp seeds, divided

1 cup (250 mL) **plain yogurt**

2 tsp (10 mL) liquid honey

*Preparation*

Cut about 6 slices from a banana and cut the remaining into chunks. Cut 1 strawberry into thin slices. Set aside sliced fruit, 2 tbsp (30 mL) of the oats and 2 tsp (10 mL) of the seeds for topping.

In a blender, combine yogurt, honey, remaining banana, strawberries, oats and seeds; purée until smooth. Pour into chilled bowls and top with reserved sliced banana and strawberries, oats and seeds. Serve immediately.

*Tips*

*Keep frozen bananas and strawberries on hand, individually portioned for this recipe in resealable freezer bags, to make the preparation for this smoothie bowl even faster in the morning.*

*This extra-thick smoothie works best in a full-size upright blender, rather than the smaller single-portion blenders. If you only have a smaller blender, add a little milk to thin the mixture to help the blender work.*

As seen on CTV Morning Live’s Dufour’s Dish on November 28, 2017

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