



# Broccoli Slaw Smoothie Bowls

## Servings

6

## Calories

240

## Prep Time

2 minutes

## Total Time

5 minutes

## Skill Level

Easy

## Ingredients

1 (12 ounces) package Mann's Broccoli Cole Slaw

1 cup pomegranate juice

½ cup apple juice

2 cups mixed frozen berries

1 ½ cups vanilla-flavored Greek yogurt

⅓ cup quick-cooking oats

¼ cup honey

### Toppings

shaved coconut

½ pint fresh blueberries

2 bananas, sliced



## The Method

Place all ingredients in a blender and process until smooth. Pour into bowl and top with coconut shavings, blueberries, and bananas.

### Nutrition Facts

Serving Size: 314g | Servings: 6

### Amount Per Serving

Calories 240 | Total Fat 2.5g (sat fat 1.5g trans 0g) | Cholesterol 5mg | Sodium 50mg | Total Carbohydrate 50g | Dietary Fiber 5g |

Sugars 37g | Protein 9g | Vitamin D 6% | Vitamin E 6% | Calcium 8% | Iron 6% | Potassium 10%