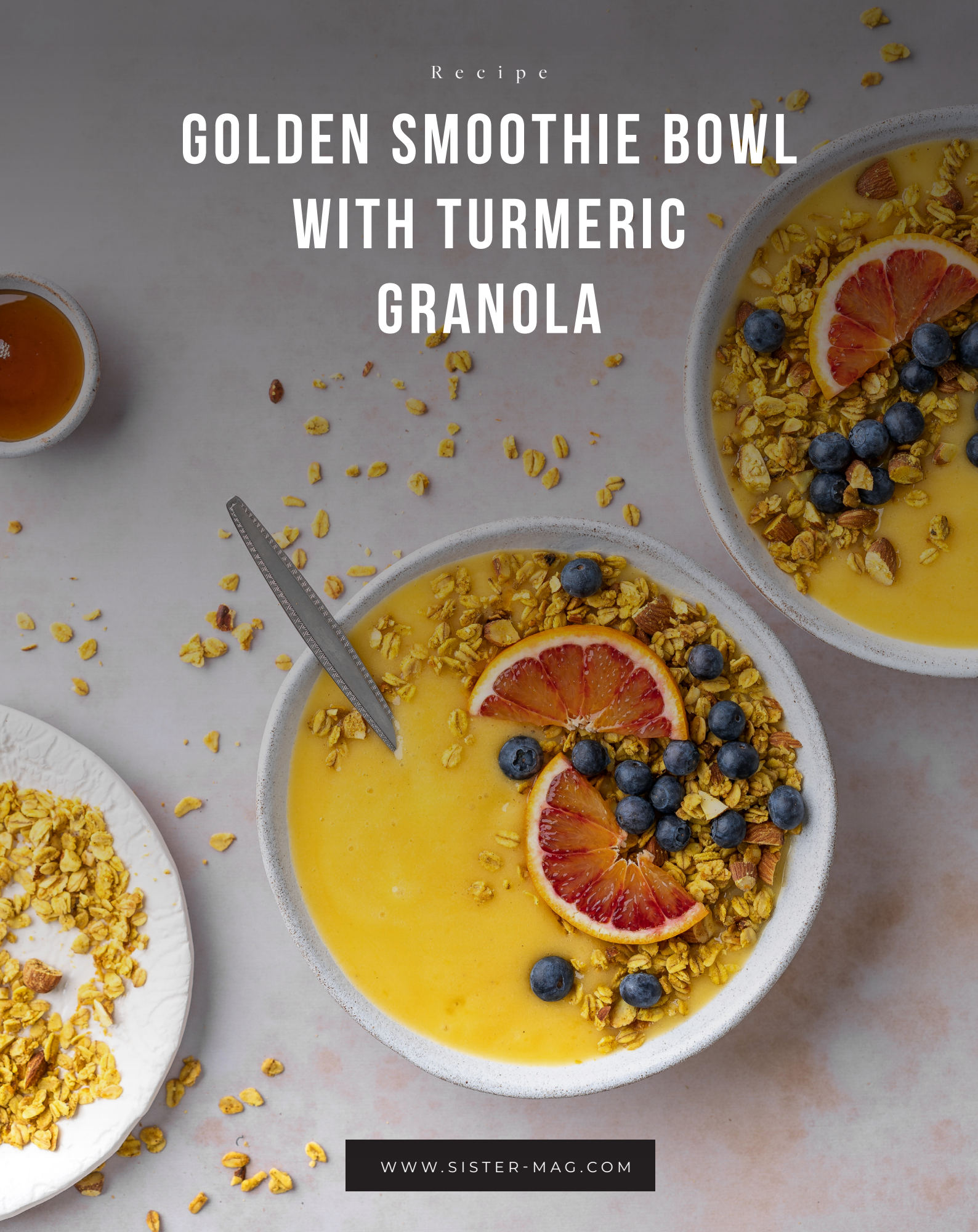


Recipe

# GOLDEN SMOOTHIE BOWL WITH TURMERIC GRANOLA





# GOLDEN SMOOTHIE BOWL

with Turmeric Granola



Recipe: **LAUREN CARIS SHORT**

## INGREDIENTS

### Granola

- 4 tbsp Coconut Oil
- 4 tbsp Maple Syrup
- Zest and juice of 1 orange
- 200g Oats
- 30g Ground almonds
- 130g Almonds, roughly chopped
- 1/2 tsp Ground Turmeric
- 1/2 tsp Ground Cinnamon
- 1/8 tsp Ground Ginger

### Smoothie Bowl

- 3 frozen bananas
- 300g fresh Mango
- 1cm piece ginger
- 250ml fresh orange juice
- Ice cubes (if desired for a slightly thicker smoothie)



**TIME**  
15 min



**CATEGORY**  
Smoothie



**ISSUE**  
sisterMAG49

- STEP 1** Preheat the oven to 160°C.
- STEP 2** First make the granola. In a saucepan, combine the zest and juice of one orange, the coconut oil and the maple syrup and heat gently until the coconut oil is melted and everything is mixed.
- STEP 3** Place all the dry ingredients for the granola into a bowl and pour over the heated mixture. Mix thoroughly until everything is evenly coated.
- STEP 4** Put the granola mixture onto a flat baking sheet lined with baking paper and spread into an even layer. Bake for 20 minutes, then stir and bake for another 5 minutes. Remove from the oven and allow to cool completely to harden up.
- STEP 5** Place all the ingredients for the smoothie bowl into a blender and blend until completely smooth. Top with some granola and fresh berries.