

## Sunshine Tropical Breakfast Bowl



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Food  
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### Ingredients

#### Sunshine Tropical Breakfast Bowl

- 250g Vanilla Bean Coconut Milk Yoghurt
- 4 Cups of Spinach
- 1 Lt Cup Coconut Water cold infused with 12.5 g of tropical breakfast tea for 40 minutes
- Avocado
- 2 Small Frozen bananas
- 2 Small Cucumber
- 1 Cup of Frozen Pineapple
- 1 tsp Chia Seeds
- 3 Dates
- 1 teaspoon grated fresh tumeric
- frozen meat from one tambili

### Methods and Directions

#### Sunshine Tropical Breakfast Bowl

- Throw all the ingredients into a blender and whizz together until well combined.
- Pour into a glass or a fresh coconut and enjoy!



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