



Strawberry bowl

Start as you mean to continue with this nutritious, delicious strawberry bowl!

Ingredients:

1 cup (150g) frozen strawberries
1 cup (100g) chopped frozen cucumber (no skin)
2 tbsp (35ml) carrot juice

Optional - Fresh strawberries, freeze-dried strawberries, chopped pistachios

Directions: In a blender puree the strawberries, cucumber, and carrot juice until smooth, adding 1 to 2 tbsp more carrot juice to get the perfect consistency.

Transfer to a bowl and top with fresh and freeze-dried strawberries and pistachios.

Bon appetit!

