

Sunshine Tropical Breakfast Bowl



0 made it | 0 reviews



- Sub Category Name
Food
Sorbets
- Recipe Source Name
Dilmah Inspirations Recipes

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!



teainspired.com/dilmah-recipes 15/12/2025