



A RECIPE BY FRESH FRONTIER

pineapple & berry bowl

ingredients

- 1/2 cup of Fresh Frontier Pineapple Chunks
- 1/2 Cup Frozen Mixed Berries
- 2 Tablespoons (Heaped) of Coconut Yoghurt
- 1/2 Sliced Banana
- 3 Sliced Strawberries
- Coconut Flakes
- Hemp Sees

directions

1. Place Fresh Frontier Pineapple, Frozen Mixed Berries and Coconut Yoghurt in Blender. Blend until Smooth
2. Pour into bowl and top with Banana, Strawberries, Coconut Flakes and Hemp Seeds
3. Enjoy!

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