



Matcha Smoothie Bowl

I am passionate about creating delicious and nourishing plant-based food. My diet is based on nutritional whole foods including vegetables, fruits, whole grains, legumes, seeds and nuts, limiting animal products and avoiding processed food. By following a whole food plant-based diet, I have noticed a positive impact on my wellbeing.

It's empowering to think that everyone can contribute and make a difference in saving our planet and helping to slow down the effects of global warming simply by reducing the amount of animal products they eat and eating more plant-based food.

Eat more veggies and love our planet. Together, imagine the impact that we could have on slowing down or even preventing climate change.



'A global shift towards a vegan diet is vital to save the world from hunger, fuel poverty and the worst impacts of climate change'

- The UN

www.mysomersetkitchen.com



Photography by Paolo Ferla

Ingredients

- 1 large avocado
 - 2 large bananas
 - 1 teaspoon of organic matcha green tea powder
 - 200ml coconut water
- Toppings:
- Goji berries
 - Chia seeds
 - Sliced banana

Method

1. Slice the avocado down the middle and scoop out the avocado flesh, discarding the stone and avocado skin. Next, peel the bananas, breaking them into small chunks. Add the banana chunks, avocado flesh, 1 teaspoon of matcha green tea powder and 200ml of coconut water to a blender. Blend until smooth and creamy.
2. Pour the smoothie into two bowls. Top with sliced banana, a handful of goji berries and a sprinkling of chia seeds.