

Frozen Smoothie Cake

Ingredients:

For the granola layer:

- 1 ½ cups Food Lover's Honey & Almond Muesli
- 1 tbsp honey
- 1 tbsp Food Lover's Market peanut butter
- ¼ cup shredded coconut

For the strawberry layer:

- 1 cup strawberries
- 1 banana, sliced
- ¼ cup coconut cream

For the banana layer:

- 1 cup banana, sliced
- 1 cup Food Lover's Market Double Cream Yogurt

For the blueberry layer:

- 1 cup blueberries
- 1 cup banana, sliced
- ¼ cup coconut cream

Directions:

1. Mix the muesli with ¼ cup shredded coconut, 1 tbsp peanut butter and 1 tbsp honey and spread the mixture into the bottom of the cake tin.
2. Set in the fridge.
3. In a blender, blitz the layers individually.
4. Pour Strawberry layer into the tin and place in the freezer for at least 45 minutes to freeze.
5. Repeat with the other two layers.
6. The cake is ready as soon as the top layer is hard, but you can keep it in the freezer as long as you like.
7. Slice the cake while still frozen and serve with berries & mint leaves to garnish.