INDONESIA / WILL AND FRIENDS

PISTACHIO DRAGON FRUIT NALU BOWL

A Nalu bowl is a thick smoothie bowl made from frozen banana, dragon fruit and berries, blended with yoghurt and a little milk, then topped with granola, banana, pistachios and mint. It is a popular Bali breakfast.



SERVES	PREP	DIFFICULTY	SPICE
2	10 min	Easy	Mild

INGREDIENTS

FOR THE BOWL

- 3 ripe bananas, peeled, sliced and frozen
- 100 g frozen dragon fruit
- 60 g frozen raspberries
- 60 g frozen blueberries
- 2 tbsp thick Greek-style yoghurt
- 50 ml milk

FOR THE TOPPINGS

- 1 banana, sliced
- 40 g granola
- 2 tbsp chopped pistachios
- Fresh raspberries and blueberries
- Fresh mint leaves

METHOD

BLEND

1. Put the frozen bananas, dragon fruit, raspberries and blueberries in a blender with the yoghurt and milk. Blend until thick and smooth. Add a splash more milk only if the blender stalls.

BUILD THE BOWLS

2. Spoon the mixture into two bowls and smooth the top.

TOP

3. Arrange the sliced banana, granola, chopped pistachios and fresh berries on top. Finish with mint and eat straight away.

USEFUL SHORTCUTS FOR HOME COOKS

Use frozen fruit. It keeps the bowl thick enough for the toppings to sit on top, and costs less than fresh berries.

Use thick, strained Greek-style yoghurt, otherwise the bowl turns watery.

Make bowls ahead and freeze them for 3 to 4 days. Whisk them in the morning, then add the toppings.

Use almonds or walnuts instead of pistachios.

Will explains that Bali has taken to breakfast bowls, and a Nalu bowl is the current morning craze on the streets of Bali. He cooks with his mixologist friend Arca, who makes the bowls.It is a thick blended bowl of frozen banana, dragon fruit, raspberries and blueberries with yoghurt and a little milk. Arca says the best bananas are grown...