



**Blueberry Smoothie Bowl with Grain-Free Granola Bars** SWEET *recipe*  
by *Monica @MonicaMayDesign* with Coconut Crystals

**SERVING**

Two bowls

**INGREDIENTS**

1 cup nut milk (we enjoy almond)

2 Tbsp soaked chia seeds

1 cup fresh blueberries

1/2 cup fresh strawberries

1 Tbsp Coconut Nectar

Topping: 2 Grain-Free Granola Bars

(Chocolate-Chocolate Chip - one for each bowl)



**INSTRUCTIONS**

Place dry chia seeds into approx. 4 oz of water and let sit for 10-30 minutes until they thicken into a gelatin-like consistency. Blend all the above ingredients in a blender until smooth, and pour into smoothie bowls. Break the Grain-Free Granola Bar in small pieces and crumble on top.

This smoothie will thicken within minutes, due to the soaked chia seeds and blueberries that will create a lovely gelatin-like texture that is perfect for your favorite fruit, nut, and crumbled granola bar toppings. Extra yummy with coconut flakes sprinkled on top too!

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