

GREEN BOOST SMOOTHIE BOWL







INGREDIENTS



1/2 an avacado



x1 banana



1 handful of spinach or kale



1 tbsp Complete Greens



-150ml milk

METHOD

- Roughly chop the avocado and banana, put all of the ingredients into a blender, liquidiser or smoothie maker and blend until smooth.
- **2.** Pour into a bowl and top with stripes of granola, toasted seeds, fruit and chia.
- This smoothie is intended to be thick and spoon-able, if you'd prefer to drink it, add more milk to the mix.
- **4.** Enjoy!



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