

# Energy-Boosting Smoothie Bowl

*The perfect mix of protein, fiber, complex carbs, antioxidants, and superfoods that provide sustained energy without the jitters and crash that is inevitable with caffeine.*

*Re-energize the smart way for a better experience.*

**Total Time:** 5-10 minutes

**Servings:** 1

## INGREDIENTS

### Smoothie

- ½ - 1 cup Almond Milk
- ½ frozen Banana
- 1 cup frozen Raspberries
- ¼ Avocado
- ½ Kiwi peeled
- 1 cup raw Spinach
- 1 tablespoon Chia Seeds
- 2 scoops LifeEssence™ Powder

### Toppings (optional)

- Raspberries
- chopped Kiwi
- sprinkling of Chia Seeds
- Granola

## INSTRUCTIONS

1. Blend all smoothie ingredients together in a blender until smooth. Pour gently into a bowl.
2. Top with the optional smoothie bowl toppings or other toppings of your choice.
3. Enjoy!

*Note: Can be poured into a cup container and drunk on-the-go.*

