

Smoothie Bowl



Prep Time:
5 mins.

Blend Time:
1.5 mins.

Serves:
2

DESCRIPTION:

This smoothie bowl is incredibly tasty! I will make this for breakfast or lunch. It's packed with so much nutrition and is actually pretty filling.

INGREDIENTS:

- 1 cup Power Greens - Frozen or Fresh
- 1 cup Frozen Berry Blend: Raspberries, Blackberries, Blueberries
- 2 Dates – Pitted
- 2 Tbsp PBfit
- 1 tsp Spirulina
- ¼ cup Unsweetened Coconut Flakes
- 3 Tbsp Hemp Hearts
- 2 Tbsp Chia Seeds
- ½ cup Water
- ½ cup Almond Milk
- ¾ cup Ice

TOPPINGS:

- ¾ cup Granola Mix
- 1 Banana - Cut Up
- 1 tsp Mini Dark Chocolate Chips or Cocoa Nibs

DIRECTIONS:

1. Combine all smoothie ingredients, in order listed, into your blender container.
2. Blend on high for 1 – 1 ½ min until well combined and thick. Be careful to not over blend or it will turn into a drinkable smoothie instead of a spoon-able smoothie bowl.
3. Pour mixture into bowl and top with garnishes.
4. Bon Appétit!

