

Gut-healing Cherry Ripe Bowls

Your Skin, Gut Health and Taste buds will thank you!

Serves 2



Ingredients:

- 1 cup of cherries
- 1 scoop of [Perfect Hydrolyzed Collagen](#)
- 4 tbsp raw cacao
- 2-4 medjool dates
- 1 tsp [Perfect Coconut oil](#)
- 5 large frozen bananas
- 1/2 cup shredded coconut
- Buckwheat grouts (optional)
- Ice cubes (optional)

Method:

1. Make sure to freeze your bananas the night before or this recipe won't work
2. To your blender or processor, add all of your ingredients (except for buckwheat) and process until smooth. you might like to add in some ice cubes?
3. Serve in bowls and top with shredded coconut, cherries and buckwheat if desired.