

Gut-healing Jaffa Bowls

If you're all about eating foods (that don't taste like cardboard) that help to heal the gut...

This is for you! ❤️



These bowls have featured on CoconutBowls.com.au blog and also in Australian Women's Health & Fitness magazine :)

Smoothie ingredients

- Raw cacao 3 tbsp
- Coconut water/milk 1/4 -1/3 cup
- 1 avocado or 1 sapote fruit
- 1-2 medjool dates (optional)
- 4 lady finger/2 cavendish bananas
- 1 tsp of [Perfect Coconut Oil](#)
- 2 scoops [Perfect Hydrolyzed Collagen](#) OR..
- 1 scoop [Perfect Plant protein](#)
- 4 drops of food grade orange essential oil (I love [DoTerra](#))
- 1 tsp organic Moringa powder (optional)
- Ice

Topping ingredients

- Chia seeds
- Granola
- Coconut flakes (toasted is optional)
- Fresh/frozen blueberries or other berries

A bowl to put it in

You can buy these awesome Coconut bowls [here](#).

Method

1. In a good quality blender add your coconut water or milk then add in the remaining ingredients.
2. Blend until smooth and then pour into your bowls (I bought these coconut bowls from CoconutBowls.com)
3. Finish the look of your Jaffa bowl with the granola, berries, chia and coconut flakes
4. EnJoy! ♥

Note: I always use organic ingredients where possible to ensure the highest nutrition and health benefits, but just do the best you can.