

## SMOOTHIE BOWLS

Serves 2

### Ingredients:

100g mixed frozen berries

100g frozen banana (1 small ripe banana)

2-3 tbsp unsweetened almond or coconut milk

1 scoop vanilla/plain protein powder

### Toppings (pick 1-2)

1 tbsp shredded coconut

1 tbsp chia or hemp seeds

1 tbsp chopped nuts

1 tbsp granola

1 tbsp nut butter

extra berries

1. Add frozen berries and banana to a blender and blend on low until small bits remain.
2. Add a bit of coconut or almond milk and protein powder (optional), and blend on low again, scraping down sides as needed, until the mixture reaches a soft serve consistency.
3. Scoop into serving bowl and top with desired toppings.

