

SUPERFOOD SMOOTHIE BOWL

Ingredients

- 1 cup mixed frozen berries*
- 4 ice cubes
- Splash of coconut milk (enough to get blender moving)
- 1 tablespoon almond butter
- Handful of spinach
- Optional: 1 teaspoon acai powder or maple syrup

Topping Options

hemp seeds, coconut flakes, raspberries,
bananas & granola

Instructions

1) Place the frozen berries, ice cubes, coconut milk, almond butter and spinach in a blender. Add acai powder, if using. Blend until smooth, adding additional coconut milk as needed. (As little as necessary so your smoothie will be thick). Taste and add maple syrup or sweetener of choice, if desired. Blend again.

2) Pour into two bowls and top with hemp seeds, coconut flakes, raspberries, bananas and granola.