

Smoothie Bowl

Servings: 1

RECIPE BOX

INGREDIENTS

1 FROZEN BANANA
8 LARGE STRAWBERRIES
1 HANDFULL OF SPINACH
1/2 CUP GREEK YOGURT
1 TBSP COCONUT FLAKES
2 LARGE STRAWBERRIES, BLUEBERRIES,
or RASPBERRIES FOR TOPPING.
10 RAW ALMONDS
1/4 CUP BLUEBERRIES
1 TSP CHIA SEEDS
2 TSP RAW PUMPKIN SEEDS



DIRECTIONS:

STEP 1: Mix ingredients in a blender, combine and blend until smooth.

STEP 2: Poor smoothie into bowl. Top with your favorite fruits, seeds, and nuts. Enjoy!

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 378, Total Fat 9.5g, Carbs 55g, Protein 24g, Fiber 10g, Sugars 33g.

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