

From our kitchen to yours



Banana Berry Smoothie Bowl

TOTAL TIME: 35 min **YIELDS:** 12 servings

Courtesy of Nicole Burkholder at simpleandseasonal.com

Ingredients:

1/2 cup	milk of your choice
1 cup	frozen mixed berries
1 cup	spinach
1	frozen banana
Toppings	fresh berries, banana slices, toasted coconut, almonds, chia seeds, granola

Directions:

Add the almond milk, spinach, berries, and banana to the blender. Blend until smooth.

Pour into a bowl and top with desired toppings. I like to use fresh berries, banana slices, toasted coconut, almonds, chia seeds, and granola. Eat with a spoon and enjoy!

Note-you can customize your bowl and add your favorite toppings!

