

Berry Smoothie Bowl



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Recipe by: Laura Vitale

Serves 2

Prep Time: 5 minutes

Cook Time: minutes

Ingredients

- __ 2 Cups of Mixed Frozen Berries
- __ 1 Frozen Banana
- __ 1 cup of Unsweetened Almond Milk
- __ Toppings of your choice such as fresh bananas, berries, goji berries and flax seeds

1) In a blender, add the frozen berries, frozen banana and almond milk, blend until smooth, pour into either 1 large or 2 smaller bowls and top with your choice of toppings.

