



FROZEN *Smoothie* BOWL

TOOLS: Blender or Food Processor

1 Cup Frozen Fruit	• <i>Mango</i> • <i>Blueberries</i> • <i>Papaya</i> • <i>Strawberries</i> • <i>Pineapple</i> • <i>Blackberries</i> • <i>Peaches</i> • <i>Raspberries</i> • <i>Plums</i>	½ Ripe Banana ¼ Cup Greek Yogurt ¼ Cup Raw Spinach ¼ Avocado 2 Tbsp Almond Milk	Optional Add-Ins: 2 Tbsp. Almond Butter 1 Tbsp. Collagen Powder 1 Tbsp. Beetroot Powder 1 Tbsp. Açai Powder
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Topping Options:

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| • ½ <i>Banana, sliced</i> | • <i>Sliced Fruit</i> | • <i>Pumpkin Seeds</i> | • <i>Granola</i> |
| • <i>Coconut Flakes</i> | • <i>Sliced, dried Figs</i> | • <i>Almond Butter</i> | • <i>Flax Seeds</i> |
| • <i>Goji Berries</i> | • <i>Berries</i> | • <i>Honey</i> | • <i>Chopped Nuts</i> |

Blend all ingredients together. Pour into a bowl. Garnish with the toppings of your choice and enjoy!

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