

BEYOND HUNGER

SUPER SIMPLE SMOOTHIE BOWL

Tired of your typical smoothie? Try this smoothie bowl recipe. It's very similar to your favorite frozen dessert, like ice cream or frozen yogurt, but has more nutrients to nourish your body any time of day!

Yield: 2 servings

Ingredients:

- 1 cup of **frozen mixed berries**
- 1 small **ripe banana**
- 2-3 Tbsp **milk** of choice or water

Optional Toppings:

- 1Tbsp **fruit**
- 1 Tbsp **granola**
- 1 Tbsp **nuts** or **seeds**

Instructions:

1. Add frozen berries and banana to a blender and blend on low until the fruit is in small pieces.
2. Add milk slowly while blending on low. Continue blending until combined and smooth.
3. Scoop into bowls and add desired toppings of your choice.

Per Serving: Calories 149, Protein 4.5g, Saturated Fat 0.9 g, Sodium 9.2mg, Fiber 3.7g, Sugars 14.2 g

This recipe was adapted from <https://minimalistbaker.com/favorite-smoothie-bowl-5-minutes/>