


# Berry Smoothie Bowl

## Ingredients

- 1 cup frozen mixed berries
- 1 banana, diced, then frozen
- 2-3 tablespoons milk or milk substitute
- 1 scoop protein powder
- Optional toppings: sliced almonds, granola, chia seeds, fresh berries, coconut flakes, hemp seeds, flax seeds or nut butter



## Directions

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1. Add frozen berries and banana to a blender and blend on low into small bits.
2. Slowly add milk and protein powder and blend on low until the mixture reaches a soft serve consistency.
3. Scoop into a serving bowl and top with desired toppings.

