



GREEN SMOOTHIE BOWL

Recipe by Juneberry

INGREDIENTS

- 1 frozen banana (peeled before freezing,
- 1/2 cup frozen fruit (Suggested: 1/4 cup mango, 1/4 cup strawberries)
- 1/2 cup greens (kale or spinach)
- 1/3 cup milk of choice
- 1 teaspoon ground flax or chia seeds

PREP TIME

- Prep | 10 m
- Cook | 5 m



PROCEDURE

01

Peel the banana before freezing, and you can pre-slice depending on the strength of your blender.

02

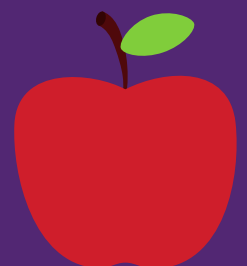
Combine all ingredients, blend until smooth. Add more milk/stir as you blend until consistency is desirable.

03

Top with fresh fruit, granola, nut butter, cacao nibs, or anything else you can think of!

04

Enjoy!





* RECIPE *



BLUEBERRY BANANA SMOOTHIE

10 minutes

PREP TIME

15 minutes

TOTAL TIME

* INGREDIENTS

1 frozen banana
(peeled & sliced before freezing)

1 tablespoon nut butter

1 teaspoon chia seeds

1 cup milk of choice

2/3 cup frozen blueberries

sprinkle of cinnamon

optional: splash of vanilla extract

NOTES: Combine all ingredients and blend until smooth. Add more milk/stir until it is the right consistency. Top with fresh fruit, granola, nut butter, or any other combination you can think of!
