



THE FRONT BURNER • RECIPE BOX

RECIPES, COOKING TIPS & MORE FROM THE CULINARY SUPERSTORE

Very Berry Smoothie Bowl

Serves 4

This smoothie bowl is so easy to make! The flavor is very fruit-forward (you don't even taste the spinach!), and the texture is creamy and refreshing. The heart-healthy ground flax seed makes this smoothie bowl very filling, as well!

Smoothie Ingredients:

- 1 cup fresh blueberries
- 1-1/2 cups fresh, sliced strawberries
- 1 banana
- 1 cup frozen mixed berries
- 2 cups baby spinach leaves
- 2 cup frozen mango chunks
- 1/4 cup ground flax seeds
- 1 cup unsweetened almond milk
- 1 teaspoon coconut oil

Top with:

- Blueberries
- Strawberries
- Chia seeds
- Shredded coconut

Directions:

In a powerful blender, combine all of the smoothie ingredients and blend until smooth. Pour the smoothie in a bowl, and top generously with blueberries, strawberries, chia seeds, and shredded coconut.