



COOKS ON MAIN

*for the everyday chef*

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### **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.