



2210 HAINES AVENUE, RAPID CITY

SOUTH DAKOTA 57701

605.341.5044

### **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.