



spoon&whisk

ESSENTIAL KITCHENWARE & CUTLERY
FOR THE WELL-STOCKED KITCHEN

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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.