

Smoothie Bowls

Prep Time: 5 minutes
Servings: 2



The Ingredients

- 4 cups spinach
- 2 bananas
- 1 avocado
- 1 cup unsweetened almond milk
- 1 tbsp chia seeds
- 1 tbsp flax seeds
- ½ cup strawberry
- ½ cup pineapple

Directions

- In a blender, add the spinach, bananas, avocado, almond milk, chia seeds, flax seeds, strawberries and pineapple.
- Blend until you reach a smooth consistency, about 1-2 minutes. If the smoothie is too runny, thicken it with ice.
- Pour into a bowl and finish with toppings of your choice. We like the added crunch of oats, almonds, chia seeds and flax seeds and the vibrant color of blueberries and strawberries.