

Super Green Smoothie Bowl

Blend until creamy and thick. Serve in a bowl. This smoothie is eaten with a spoon.

And now for the toppings! Customize for your taste and nutritional needs. Some great options are:

- Chopped walnuts
- Thinly sliced almonds
- Raw or roasted sunflower seeds
- Granola (Kind)
- Shredded unsweetened coconut
- Fresh berries
- Chia seeds
- Hemp seeds

Smoothie bowls are all the rage in Breakfast this summer. Thick and creamy, they rival ice-cream in taste enjoyment. Pack them full of rich berries and leafy greens to turn these tasty concoctions into true nutrition power houses!

Enjoy!!!