



Simple | Healthy | Delicious

## Berry Superfood Smoothie Bowl

### INGREDIENTS

1/3 cup Strawberries

1/3 cup Blueberries

1/3 cup Raspberries

1/3 cup Ice

1/4 cup Coconut Milk

1 Tablespoon Almond Butter

### TOPPINGS

Strawberries

Blueberries

Raspberries

Banana

Nature's Earthly Choice Chia Seeds



### PREPARATION:

1. Add all the ingredients to a blender and mix on high.
2. Pour into a bowl or half a coconut, and top with fruit and chia seeds.
3. Enjoy!