



Simple | Healthy | Delicious

Green Smoothie Bowl

INGREDIENTS

- 2 Frozen Bananas
- 1 Cup Strawberries
- ½ Avocado
- 2 Handfuls Spinach
- 1 Handful Kale
- 1 Tablespoon Nature's Earthly Choice Flax Seeds
- 1 Tablespoon Almond Butter
- ½ Cup Coconut Water

TOPPINGS

- Sliced Strawberries
- Sliced Kiwi
- Dragon Fruit
- Coconut Flakes
- Nature's Earthly Choice Hemp Seeds



PREPARATION:

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