



Simple | Healthy | Delicious

## Pineapple Smoothie Bowl

### INGREDIENTS

¼ Cup Almond Milk

1 Banana

2 Cups Frozen Pineapple

2 Tablespoons Honey

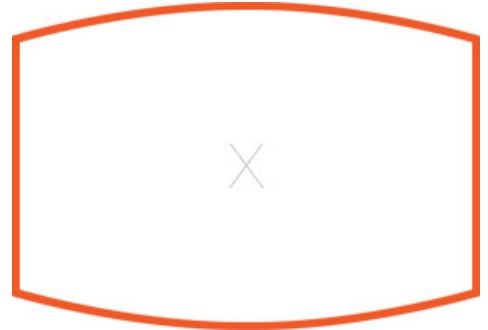
### TOPPINGS

Banana

Pineapple

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 coconut, and top with fruit and chia seeds.
3. Enjoy!