



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!