

Green Smoothie Bowl

simple
healthy
delicious

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



Directions

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.