

blueberry spinach smoothie bowl

Makes 1 serving

PREP TIME: 5 minutes

1 cup spinach, packed
¾ cup blueberries
1 Tbsp ground flax seed
1 Tbsp almond butter
½ cup cucumber
½ small avocado
1 scoop clean protein powder or collagen peptides
(such as whey protein isolate, 100% pea protein powder, [Garden of Life Sport Organic Plant Protein Vanilla](#), [Vital Proteins Collagen Peptides](#))
1 pitted date (optional if you want to add some extra sweetness)
Up to ¼ cup water or milk of choice
Toppings (optional): unsweetened coconut flakes, chopped walnuts, strawberries

PLACE all ingredients except liquid and toppings in a blender or food processor.

ADD water or milk of choice slowly until desired consistency is reached.

ADD desired toppings and enjoy!

NOTE: This smoothie bowl is best enjoyed fresh. Leftovers can be frozen to preserve color and nutrients. When ready to use leftovers, add them to blender with water or milk, blend and enjoy.

