

## GREEN SMOOTHIE BREAKFAST BOWL



### INGREDIENTS: (serves 2)

#### SMOOTHIE

- 1 ripe avocado
- 2 medium ripe bananas (previously sliced and frozen)
- 1 cup fresh (or frozen) berries of choice
- 2 large handfuls spinach
- 2 cups coconut milk
- 1 tsp coconut oil
- 1 Tbsp flaxseed
- 1 Tbsp cashew butter

#### TOPPINGS

- Granola
- Raw nuts (almonds, pecans, walnuts, etc.)
- Shredded unsweetened coconut
- Fresh blueberries
- Fresh pineapple

Our Green Smoothie Breakfast Bowl takes 10 minutes to make, is simple, tastes truly delicious and the best part is that you can easily customise it and make the bowl your own!

#### HOW TO MAKE IT:

- Add all smoothie ingredients to a blender and blend until creamy and smooth
- Divide between 2 serving bowls
- Top with desired toppings and be at liberty to customize with other delicious healthy ingredients
- Best when freshly made but can be kept in jars in the fridge for up to 1-2 days

#### TOP TIP

*Strawberries/raspberries make a greener smoothie & blueberries & blackberries make a darker more purple smoothie!*

**THE GREEN WARD**  
HEALTH & WELLBEING



Registered with the Association for Nutrition - [www.associationfornutrition.org](http://www.associationfornutrition.org)  
Protecting the public and promoting high standards in evidence-based science and professional practice of nutrition