

Creative Gourmet

Blueberry Smoothie Bowl



Serves
1



Prep Time
5 min



Cook Time
0 min

Ingredients

- 1/2 cup Creative Gourmet Frozen Banana Chunks
- 3/4 cup Creative Gourmet Frozen Blueberries
- 1/2 cup Creative Gourmet Frozen Mixed Berries
- 3/4 cup unsweetened almond milk
- 1 tablespoon chia seeds plus more for topping
- 1/4 cup plain Greek yogurt

Optional: Raw honey to drizzle for additional sweetness

Method

1. In a blender, add all ingredients and blend until very smooth.
2. Pour the smoothie into a bowl.
3. Add freshly sliced mangoes and strawberries as a topping and serve!



Products Used In This Recipe