

1 CUP
ALMOND, OAT, OR
HEMP MILK

1 SCOOP
GARDEN OF LIFE
VANILLA
PROTEIN POWDER

1 CUP
FROZEN SPINACH

1/2 CUP
FROZEN PINEAPPLE
OR BLUEBERRIES

TOPPINGS
CACAO NIBS, GOJI
BERRIES, SHREDDED
COCONUT, CHIA SEEDS



SMOOTHIE BOWL

MIX INGREDIENTS ABOVE IN THE ORDER LISTED AND BLEND UNTIL SMOOTH. POUR INTO A BOWL AND ADD TOPPINGS.

SHARE YOUR EXPERIENCE: #HIGHVIBEKITCHEN

 **yogitriathlete**