

## POSITIVE ENERGY SMOOTHIE BOWL

### Ingredients

- 1 frozen banana
- 1/2 cup mixed berries
- 1/4 cup spinach
- 1/4 cup Greek yogurt
- 1 tablespoon chia seeds
- 1/2 cup almond milk
- Toppings: sliced almonds, granola, shredded coconut

### Instructions

1. Blend the frozen banana, mixed berries, spinach, Greek yogurt, chia seeds, and almond milk until smooth.
2. Pour the smoothie into a bowl and top with sliced almonds, granola, and shredded coconut.
3. Enjoy your positive energy smoothie bowl to kickstart your day!



### Nutrition Facts (per serving)

Calories: 300

Protein: 12g

Carbohydrates: 40g

Fat: 10g

Fiber: 8g