



Berry Smoothie bowl

Makes 1

Ingredients

- 1 banana - 200ml almond milk
- 1 scoop berry protein powder
- 1 tablespoon cinnamon
- 1 tablespoon LSA - 100gm raspberries
- 30gm Bliss fit food activated cranberry coconut cluster
- Handful of goji berries (to top)
- Handful of Pomegranate arils (to top)
- Handful of Shredded coconut (to top)

Steps

1. In blender or Nutribullet place the almond milk, banana, protein powder, cinnamon, LSA and raspberries.
2. Place this in a bowl and top with the bliss fit food granola, coconut, goji berries and pomegranate arils.

