



Blueberry Coconut Bowl

Ingredients

- 1 frozen banana
- 150gm frozen blueberries
- 200ml almond milk
- 1 scoop berry protein powder
- 30gm bliss fit food cacao coconut granola
- 1 tablespoon chia seeds
- 1 tablespoon LSA
- Handful of goji berries (to top)
- Handful of desiccated coconut

Recipe

1. Blend all ingredients but the goji berries and coconut
2. Put into a bowl and top with sprinkle the goji berries and coconut on top.

