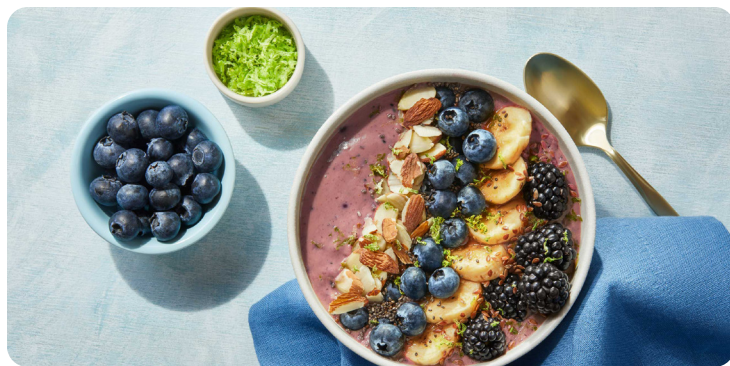


Blackberry Avocado Smoothie Bowl

- Prep Time: 10 minutes
- Cook Time: 0 minutes
- Total Time: 10 minutes
- Servings: 1



Ingredients:

Smoothie bowl:

- ¾ cup blackberries, plus additional for garnish
- ¼ cup blueberries, plus additional for garnish
- ¼ cup Friendly Farms Plain Nonfat Greek Yogurt
- ¾ cup Friendly Farms Unsweetened Original Almondmilk
- ½ avocado
- ½ frozen banana
- 1 teaspoon Stonemill Pure Vanilla
- 1 teaspoon Simply Nature Organic Wildflower Honey
- 2 teaspoons lime juice

Optional Garnishes:

- Simply Nature Flax Seed
- Simply Nature Chia Seeds
- Southern Grove Sliced Almonds, toasted
- Blackberries
- Blueberries
- Lime zest

Directions:

1. Place all smoothie bowl ingredients in blender and blend until smooth, reserving additional berries for garnish. Transfer to serving bowl.
2. Choose your favorite garnishes and enjoy!



Recipe Courtesy of:
ALDI Test Kitchen