

Banana Berry Smoothie Bowl



Ingredients:

- 2 frozen bananas
*Note: when freezing bananas, it is easiest to slice up the banana and put it in a baggie and then freeze the slices.
- 1 cup of frozen berries (strawberries, blueberries, or mixed berries)
- 1/2 to 3/4 cup of orange juice, coconut water, milk, or other liquid of your choice
- 1/4 cup of berries or another fruit of choice for on top
- a sprinkle of raisins or other dried fruit

Instructions:

1. Put the frozen banana in the blender with the cup of frozen berries and the 1/2 cup or so of your liquid choice.
2. Blend to thick consistency.
3. Pour in bowl and add toppings of your choice

Nutrition Facts

Servings 1.0

Amount Per Serving

calories 464

% Daily Value *

Total Fat 1 g	2 %
---------------	-----

Saturated Fat 0 g	2 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 25 mg	1 %
Potassium 1303 mg	37 %
Total Carbohydrate 115 g	38 %
Dietary Fiber 12 g	47 %
Sugars 69 g	
Protein 6 g	12 %
Vitamin A	24 %
Vitamin C	156 %
Calcium	29 %
Iron	12 %