

SUPERHERO SMOOTHIE BOWL

 Prep Time: 5 minutes

 Cook Time: 0 minutes

 Total Time: 5 minutes



Servings: 3-4

Ingredients:

1 small beet-
washed, peeled, sliced and cooked

2 frozen bananas -
peeled and sliced

2 cups of frozen strawberries -
halved

2 cups of almond milk

2 teaspoons of honey

Optional toppings -
semi-sweet chocolate chips,
sweetened coconut flakes,
granola, almond slivers

Instructions:

1. Add half of the sliced beet, the slices of 1 frozen banana, and 1 cup of frozen strawberry halves in a blender along with 1 cup of almond milk.
2. Blend until as smooth as possible. Mix the smoothie to break up any frozen pieces that are stuck at the bottom of the blender.
3. Add the rest of the beet, banana slices, strawberries, and almond milk along with the 2 tsp of honey.
4. Once again, blend until smooth.
5. Pour into bowls and add toppings of choice. Enjoy!

