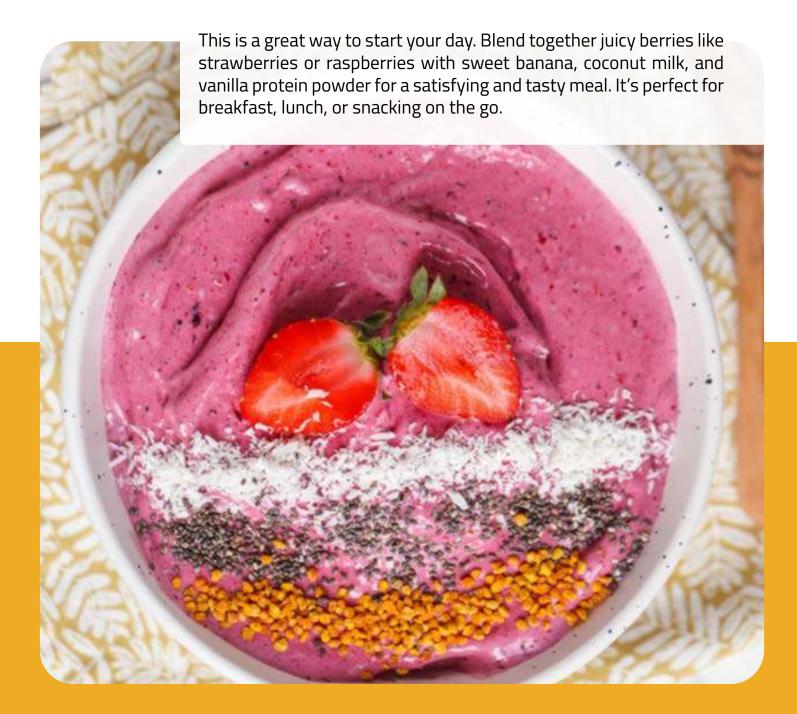
## PROTEIN BERRY SMOOTHIE **BOWL**



## Protein Berry Smoothie Bowl







Prep Time: 5 M

Serving: 2

## Ingredients

- 1 cup (150g) frozen red berries
- 1 small banana, frozen
- ½ cup (60ml) coconut milk
- 1 scoop vanilla vegan protein powder

## *Instructions*

- Place frozen berries and banana in a high-speed blender or food processor and blitz on low for about 30 seconds.
- Add the milk and protein powder, and blend on low again, scraping down sides as needed, until the mixture reaches a soft-serve consistency. Add more milk if necessary, to reach desired consistency.
- Transfer into a serving bowl and top with favorite toppings.