

# PROTEIN BERRY SMOOTHIE BOWL

This is a great way to start your day. Blend together juicy berries like strawberries or raspberries with sweet banana, coconut milk, and vanilla protein powder for a satisfying and tasty meal. It's perfect for breakfast, lunch, or snacking on the go.



## *Protein Berry Smoothie Bowl*



Cook Time: 0 M



Prep Time : 5 M



Serving : 2

### *Ingredients*

- 1 cup (150g) frozen red berries
- 1 small banana, frozen
- ¼ 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.