



healthy berry smoothie bowl

You're 5 minutes away from the healthiest and easiest breakfast, this mega delicious Berry Smoothie Bowl.

SERVES: 2



julie albert & lisa gnat



SUBSCRIBE TO OUR NEWSLETTER

ingredients

1 1/2 cups frozen mixed berries (such as strawberries, raspberries and blueberries)

1 cup plain 2% Greek yogurt
1/4 cup pomegranate juice
1/4 cup skim, soy or unsweetened almond milk

Toppings

Fresh chopped mint
Pepitas
Sliced bananas
Toasted slivered almonds

directions

1. Combine frozen berries, yogurt, pomegranate juice and milk in a blend. Combine until smooth. Pour into 2 bowls and top with toppings of your choice.

“Hope makes a good breakfast. Eat plenty of it.”

— IAN FLEMING

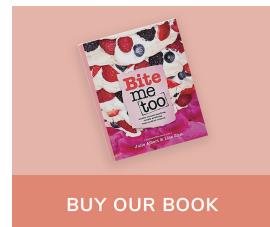
print



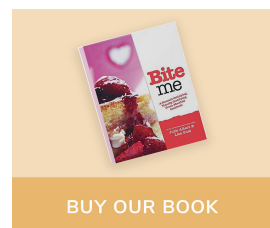
PRE-ORDER OUR NEW COOKBOOK



BUY OUR BOOK



BUY OUR BOOK



BUY OUR BOOK