



# banana matcha smoothie bowl

Get bowled over by this healthy and hearty Banana Matcha Smoothie topped with raspberries, coconut and flax seeds.

SERVES: 2



julie albert & lisa gnat

## ingredients

- 2 frozen peeled and sliced bananas
- 1 cup plain 2% Greek yogurt
- 1/2 cup skim, soy or unsweetened almond milk
- 4 tsp matcha powder

### Topping

- Fresh raspberries
- Coconut flakes
- Flax seeds

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## directions

1. In a blender, combine bananas, yogurt and milk. Add matcha powder and blend until smooth.
2. Divide into 2 bowls and serve topped with toppings of your choice.

*“Why, sometimes I’ve believed as many as six impossible things before breakfast.”*

– LEWIS CARROLL

