



raspberry smoothie bowl

Make your breakfast a healthy treat with this fuss-free and fantastic Raspberry Smoothie Bowl recipe.

SERVES: 2



julie albert & lisa gnat

ingredients

- 1 1/2 cups frozen raspberries
- 1 cup plain 2% Greek yogurt
- 1/4 cup skim, soy or unsweetened almond milk

Toppings

- Hemp seeds
- Chocolate chips
- Coconut chips

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directions

1. Combine frozen raspberries, yogurt and milk in a blender. Blend until smooth. Pour into 2 bowls and top with hemp seeds, chocolate chips and coconut chips.

“If it’s not chocolate, it’s not breakfast.”

— LAINI TAYLOR

