



Prep
4 min

Cook
0 min

Ready in
4 min

Servings
1

Alkalizing and Energizing Smoothie Bowl

Ingredients

1/2 cup	Almond milk, unsweetened
1/2 medium	Frozen banana
2 tbsp hulled	Hemp seeds, shelled
1 tbsp	Coconut butter
4 cube(s)	Ice cubes
1 tbsp	Wheatgrass
1 tbsp	Granola (for topping)
1 tsp	Coconut, shredded, unsweetened (for topping)
1 tsp	Mulberries, dried (for topping)

Instructions

1. Blend almond milk, banana, hemp, coconut butter, ice, and wheat grass together in a blender until smooth.
2. Pour into a bowl and top with granola, coconut and mulberries.

Notes:

Smoothie Bowls

are a great way to get much needed nutrients into your body in a very delicious way!

For additional protein - you can add a scoop of your favorite protein powder!

Nutrition Facts	
Per Portion	
Calories	332
Calories from fat	193
Calories from saturated fat	76
Total Fat	21.5 g
Saturated Fat	8.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	1.9 g
Cholesterol	0
Sodium	101 mg
Potassium	353 mg
Total Carbohydrate	26.4 g
Dietary Fiber	5.2 g
Sugars	11.1 g
Protein	10.9 g

Dietary servings

Per Portion

Fruit	0.5
Meat Alternative	0.7
Milk Alternative	0.5

Energy sources

Carbohydrates	29%
Fat	58%
Protein	13%