

Berry Coconut Smoothie Bowl



Servings: 2

2 cups coconut milk
1 cup frozen blueberries
1 cup frozen strawberries
1 cup frozen raspberries
1 banana
desired toppings

To a blender add coconut milk, frozen blueberries, frozen strawberries, frozen raspberries, and banana. Blend until smooth.

Divide the smoothie between 2 bowls. Top with desired toppings.

Serve

Per Serving (excluding unknown items): 713 Calories; 59g Fat (68.6% calories from fat); 8g Protein; 53g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 42mg Sodium; 30g Total Sugars; 0mcg Vitamin D; 76mg Calcium; 5mg Iron; 1138mg Potassium; 293mg Phosphorus. Exchanges: .