

Chocolate Beet Smoothie Bowl

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 raw beet, chopped
- 1 cup strawberries
- 1/2 cup coconut yogurt
- 1/4 cup raw cacao powder
- 1/2 ripe avocado
- 1 tbsp raw honey
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla extract
- Nut milk to desired consistency

Instructions:

1. Add all ingredients to blender and slowly add liquid little by little. This ensures you find the perfect smoothie bowl texture.
2. The perfect texture is thick enough that your smoothie bowl toppings do not sink into the liquid.
3. Add any toppings your heart desires! I added kiwi, strawberries, coconut flakes and chunks of dark chocolate.