

Blueberry Bliss Smoothie Bowl

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 3/4 cup fresh or frozen wild blueberries
- 1 scoop your favourite protein powder
- 2 tbsp coconut butter
- 1/2 ripe avocado
- 1 banana
- Cashew milk or coconut milk as desired
(see recipe below)
- Ice
- 1 tbsp coconut flakes for garnish and taste!

Instructions:

1. Place all ingredients into a blender (excluding coconut flakes) and give it a whirl until creamy and blended.
2. Pour into a cereal bowl and top with your favourite recipe. See recipe links for granola in the 2nd paragraph above if you want to make your own granola.