

Coconut Crunch Smoothie Bowl

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 banana
- 2 stalks celery
- handful fresh spinach
- thumb size fresh ginger root
- 1 apple
- 1 scoop protein powder
- 2 handfuls spinach or kale or a scoop of your favourite greens powder
- 1/2 avocado
- nut milk, to desired consistency

Instructions:

1. Place all ingredients into a blender and give it a whirl until smooth and creamy
2. Top with your choice of fresh fruit (I used banana, strawberries and raspberries. For crunch, I added granola, cashews and toasted coconut flakes).