

Cherry Chocolate Zucchini Smoothie Bowl

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2 cups fresh or frozen cherries, if using fresh, be sure to remove the pits before blending
- 1 cup fresh spinach
- Half a zucchini
- Half an avocado
- 2 bananas
- 2 scoops chocolate protein powder
- 1-2 cups plus more if need non-dairy milk
- Optional: 2 tbsp honey or 10 drops stevia

Toppings

- Rawcology Chocolate Oat Clusters
- 1/4 cup shredded unsweetened coconut
- Sliced banana
- Sliced cherries

Instructions:

1. Place all the ingredients excluding the milk into a blender. Add milk 1 cup at a time to desired thickness. You want the smoothie almost as thick as pudding so the toppings sit on top easily. Blitz until smooth and creamy.
2. Pour smoothie into bowl. Place desired toppings on top of smoothie bowl. Have fun!

Notes:

Serves 2 generously or 4 modestly.