



Energizing Green Smoothie Bowl



1 serving



5 minutes

Ingredients

- 2 handfuls of spinach
- 2 frozen bananas
- ½ cup frozen pineapple
- ½ tablespoon ground flaxseed (optional)
- ½ teaspoon matcha powder
- ½ teaspoon maca powder (optional)
- ½ cup unsweetened vanilla almond milk
- Garnish with your favorite toppings (fresh fruit, granola, nut butter, coconut, etc.)

Instructions

1. In a food processor or high speed blender, blend all the ingredients until smooth and creamy, adding more almond milk as needed.
2. Pour into a bowl and top with your favorite toppings.
3. Enjoy!