



The Ultimate Creamy Berry Bliss Vegan Smoothie Bowl

Description

This smoothie bowl is a perfect combination of creamy, fruity, and crunchy elements. The base is thick and luscious, made from frozen berries and banana, while the toppings add texture and extra nutrition. It's a refreshing, wholesome breakfast that's quick to make and completely customizable to your taste.

Ingredients:

- 1 cup frozen mixed berries (strawberries, blueberries, raspberries, blackberries)
- 1 frozen banana
- ½ cup unsweetened almond milk (or any plant-based milk)
- 1 tbsp chia seeds
- 1 tbsp almond or peanut butter
- ½ tsp vanilla extract (optional)

Toppings:

- Granola
- Fresh fruit (banana slices, berries, kiwi)
- Shredded coconut
- Chia seeds
- Drizzle of nut butter

Instructions:

1. In a high-speed blender, combine the frozen berries, banana, almond milk, chia seeds, nut butter, and vanilla extract.
2. Blend on high until smooth and thick. If necessary, add a little extra almond milk to help it blend, but keep it thick enough to eat with a spoon.
3. Pour the smoothie mixture into a bowl.
4. Top with granola, fresh fruit, shredded coconut, and a sprinkle of chia seeds.
5. Drizzle extra nut butter on top for added richness.
6. Enjoy immediately!