



**Looking for a nutritious and delicious breakfast idea you can make in 5-minutes? Try this refreshing berry smoothie bowl recipe!**

## **Berry Blast Smoothie Bowl**

It's thick and creamy, made with just 5 ingredients, and loaded with antioxidants and protein. This berry smoothie bowl recipe is a quick, easy, and healthy breakfast. The fibre rich toppings add a crunchy texture and nutty flavour. You can personalize the toppings to what you like, leaving you with endless possibilities!

Recipe makes: 1 large bowl (or 2 small bowls)

Prep time: 5 minutes



### **INGREDIENTS**

- ½ cup frozen blueberries
- ½ cup frozen strawberries
- 1 small ripe banana (sliced and frozen)
- 3 Tbsp milk
- 1 scoop protein powder of choice
- 2 Tbsp Bran flakes
- 2 Tbsp Granola
- 1 Tbsp Crushed Cashews

### **INSTRUCTIONS**

1. Add frozen berries and banana to a blender and blend on low until small bits remain
2. Add a bit of milk and protein powder and blend on low again, scraping down sides as needed, until the mixture reaches a soft serve consistency
3. Scoop into serving bowls and top with bran flakes, granola and cashews.
4. Best when fresh, though leftovers keep in the freezer for 1-2 weeks. Let thaw before enjoying.

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