



Green Smoothie Breakfast Bowl

Servings: 2

Serving Size: 1 cup

Ingredients

¾ cup milk (any kind)

½ cup plain Greek yogurt

1 cup frozen mixed fruit

2 cups baby spinach

1 medium banana, sliced and frozen

2/3 cup granola

Directions

1. Combine all ingredients except the granola in a blender. Purée until smooth and thick, stopping to stir mixture in between blending at times. (Add a little more milk if needed.)
2. Pour smoothie mixture into 2 bowls. Top each bowl with 1/3 cup of the granola.

Chef's Tip: Replace the granola with toasted almonds and coconut flakes if you are grain-free!