



Superfood Berry Avocado Immunity Bowl

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 2 servings | Serving Size: 1 1/2 cups

Ingredients

- 1 1/2 cups unsweetened frozen berries of choice, divided
- 1 medium banana
- 1/2 ripe avocado (pitted and peeled)
- 1 cup milk (1%, 2%, or plant-based milk)

Directions

1. Add all smoothie bowl ingredients into a blender. Blend on high until smooth
2. Divide into two bowls and sprinkle toppings, dividing evenly.
3. Enjoy immediately

Smoothie Bowl Toppings:

- 1/2 cup blueberries
- 2 Tablespoons sliced almonds
- 1 Tablespoon chia seeds

Recipe Notes

- Feel free to top smoothie bowl with alternative toppings of your choice. Some people like to add walnuts or pecans, banana slices, coconut shreds, or granola.

Nutrition Facts Per Serving: Calories: 300 | Total Fat: 13 g | Saturated Fat: 1.5 g
Sodium: 50 mg | Total Carbohydrate: 44 g | Dietary Fiber: 12 g | Protein: 8 g

Adapted from | Love One Today

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