

Green Smoothie Bowl

Swick

Makes 2 servings | Active Time: 10 minutes | Total Time: 10 minutes

Chef's Notes

Nutrition: Calories 433; Fat 27g ; Carbs 39g ; Fiber 10g; Sugar 16g; Protein 18g; Cholesterol 0mg; Sodium 57mg; Vitamin A 5706IU; Vitamin C 27mg ; Calcium 184mg; Iron 6mg

Step 1: Method

- 1 Banana, chopped and frozen
- 2 cups Baby Spinach (60 grams)
- 1 cup Water (250 mL)
- 2 Ice Cubes
- 1 tbsp Unsweetened Coconut Flakes (6 grams)
- 1 tbsp Chia Seeds (10 grams)
- 1/4 cup Hemp Seeds (40 grams)

Add frozen bananas, baby spinach, 2 tbsp hemp seeds, water and ice cubes to the blender. Blend until smooth. Divide between bowls and top with coconut flakes, chia seeds and remaining hemp seeds. Enjoy right away!