

Green Smoothie Bowl

Instructions

1. Purée half of the banana with the frozen mango, spinach, protein milk, and yogurt in a blender until smooth.
2. Once the smoothie is blended, pour it into a bowl. Top the smoothie bowl with slices of the remaining half of the banana, sliced strawberries, blueberries, and coconut flakes.

Ingredients

- 1 banana, halved
- 1 cup frozen mango
- 1 cup spinach
- ½ cup protein milk
- ¼ cup yogurt
- ⅓ cup strawberries, sliced
- ⅓ blueberries
- 2 tbsp unsweetened coconut flakes

Grocery List

Produce

- Banana
- Mango
- Spinach
- Strawberries
- Blueberries
- Coconut flakes

Dairy

- Protein milk
- Yogurt