

## Antioxidant-Fuelled Green Goodness Bowl

**Servings:** 2

**Prep Time:** 2min

**Cook Time:** 0



### Ingredients

#### For the smoothie:

- 2 bananas; peeled, sliced and frozen
- 2 tbsp. coconut flour
- 2 tsp. spirulina
- 2 cups almond milk or soy milk
- Squeeze of honey

#### Toppings:

- 1tbsp hemp seed powder

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- 2 tbsp. flax seeds
- 2 tbsp. dried cranberries
- Handful of raw almonds
- 1 kiwi; sliced
- 1 nectarine; sliced
- 6 strawberries; thinly sliced
- Fresh mint sprigs; for garnish

### Directions

1. Place frozen bananas, coconut flour, spirulina and almond milk in a blender and blend until smooth.
2. Add a squeeze of honey to taste.
3. Pour the mixture into bowls and place toppings neatly in rows.
4. Garnish with fresh mint and serve.