



Green Smoothie Bowl

Serves 1 Person

For smoothie:

- 2 bananas (pre peeled, diced, and frozen) or 1 cup frozen banana chunks
- 2 big handfuls fresh or frozen spinach (about 2 cups)
 - 1 cup frozen mango
 - 1/2 cup frozen strawberries
 - 1 tsp cinnamon
 - 1 tsp spirulina
- 1 cup vanilla almond or coconut milk
- Optional: 1 scoop vanilla plant protein powder, 1 Tbsp ground flax seed, 1-2 tsp maple syrup or agave, 1 Tbsp almond or peanut butter

For toppings choose from any of these:

- granola
- fresh berries
- sliced banana
- other fresh fruit like mango, pineapple, or melon
- dried fruit like goji berries, raisins, or dried cranberries
 - nut butter (peanut or almond)
- nuts (almonds, cashews, walnuts, peanuts)
 - seeds (chia, flax, sunflower)
 - coconut flakes

Equipment Needed:

- Vitamix or high powered blender (preferably with a "tamper" or stick to push ingredients down and make them blend)
- Knife to dice fruit
- Bowl and spoon to serve!

This Dish is perfect for:

- **Post workout or run recovery and refueling!**
- **Breakfast, brunch, lunch, dinner, dessert, perfect for any meal of the day!**
- **Faster recovery in between workouts and decreased muscle soreness.**
 - **Gorgeous clear skin!**
 - **Stronger immune system.**
- **Fighting all chronic diseases and increasing longevity.**

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"Anybody Can Cook!"