

# 10 Days of Healthier

## BERRY SMOOTHIE BOWL

### Smoothie

- 1 cup frozen mixed berries
- 1 frozen banana
- 2 frozen pieces of cauliflower
- 1 handful of spinach
- 1 tablespoon chia seeds
- 1-2 scoops of protein powder (I use Vital Protein Collagen Peptides)
- 3 ice cubes
- ¼- ½ cup of non-dairy milk

### Topping Ideas

- cacao nibs
- toasted coconut flakes
- soaked goji berries
- fresh fruit
- honey drizzle
- almond butter
- hemp/ chia seeds

Add all ingredients to a high performing blender, starting with only around a ¼ cup of milk. Preferably use a blender with a tamper, I use a Vitamix and it works great.

Start your blender on a low speed and use the tamper to help mix all of the ingredients together. Slowly turn up the speed as it begins to combine.

If needed slowly add in more almond milk, but just enough to allow all ingredients to combine smoothly without becoming too thin. You want to maintain a thick consistency.

Scoop out smoothie into a bowl and top it with whatever you heart desires.

Tip: The key difference between smoothies and smoothie bowls is the consistency. In order to maintain a thick consistency, make sure your berries, cauliflower, banana, and other fruit are frozen and not fresh. Additionally, you want to limit the amount of liquid used.

Remember to start your blender off at a slow pace and gradually increase the speed, do not go from 0 to 100.