



Superfood Smoothie Bowl

INGREDIENTS (serving size: 12)

- 1 cup vanilla fat free Greek yogurt
- 1 cup pitted dark cherries, frozen
- 1 large banana
- 2 cups spinach, fresh
- 3 tablespoons chia seeds
- ½ cup blueberries
- 3 tablespoons unsweetened shredded coconut
- 3 tablespoons goji berries
- ¼ cup low-fat granola
- 2 sprigs of mint

NUTRITION INFORMATION: 500 Calories; 11 grams Fat; 6 grams Saturated Fat; 0 mg Cholesterol; 180 mg Sodium; 85 grams Carbohydrates; 15 grams Fiber; 51 grams Sugar; 18 grams Protein

DIRECTIONS

1. Place yogurt, cherries, banana and spinach into a blender and blend until smooth.
2. Divide blended ingredients between two bowls. Top each bowl with remaining ingredients: chia seeds, blueberries, coconut, goji berries, low-fat granola and sprig of mint.

Chef Notes: Freeze banana ahead of time for an even thicker smoothie. Any milk works well in this recipe (soy, almond, skim, etc.). You can also experiment with toppings to add to your favorite smoothie recipe with a combination of hemp seeds, sunflower seeds, flax meal, wheat germ or any fruit or nut.