

Vegan Smoothie Bowl



INGREDIENTS

- 1 large banana
- 1 cup frozen mixed berries
- ½ cup unsweetened soymilk or other unsweetened non-dairy milk
- ¼ cup pineapple chunks
- ½ kiwi, sliced
- 1 tablespoon sliced almonds, toasted if desired
- 1 tablespoon unsweetened coconut flakes, toasted if desired
- 1 teaspoon chia seeds

DIRECTIONS

1. Combine banana, berries and soymilk (or almond milk) in a blender. Blend until smooth.
2. Pour the smoothie into a bowl and top with pineapple, kiwi, almonds, coconut and chia seeds.

