

Energizing Morning Smoothie Bowl - A fun and healthy “create your own” smoothie bowl made with nourishing ingredients that will get you pumped for the day!

Ingredients

- 1 large ripe banana (frozen)
- 1/2 medium ripe avocado (fresh or frozen)
- 1 large handful choice of greens
- 1 cup unsweetened plant-based milk

Add-Ins

- 1 scoop plain or flavored protein powder/collagen powder
- 1/2 tsp adaptogen of choice (maca, ashwagandha, etc)
- 1/2 cup frozen berries
- 1 Tbsp nut butter or seeds of choice (hemp, flax, chia, etc)

Toppings

Chia seeds, coconut flakes, dark chocolate chips, bee pollen, caffeinated energy bar bites, granola pieces

Instructions

1. To a high-speed blender, add all the ingredients, including any desired add-ins, and blend until creamy and smooth. If the smoothie is too thick for your taste, add more milk or water to thin. If too thin, add more frozen fruits or ice cubes.
2. Taste and adjust flavor as needed. Top with your favorite toppings, and enjoy!

Notes

- If you don't have these bars on hand but still want that caffeine boost, that's okay! You can also use a single serving of instant coffee, or replace half the milk mixture with room temperature coffee or cold brew.