

# BERRY-BEET SMOOTHIE BOWL

Kids need at least 5 servings of fruit & vegetables per day. Smoothies are a great way to add both into your day.

## ALL YOU NEED:

- 1 ripe banana, frozen and chopped
- 1 cup frozen mixed berries
- ½ cup frozen riced beets
- 1 cup fresh spinach
- 1 container (5.3oz) vanilla Greek yogurt
- ½ cup unsweetened vanilla almond milk
- Optional: Toppings of choice



## ALL YOU DO:

1. Combine all ingredients into a high-powered blender and blend until smooth.
2. Pour into a bowl and top with toppings of choice - fruit, chia seeds, granola, dark chocolate chips.