

# Raspberry & Blueberry Smoothie Bowl (Gf, Df, Vegan & Low FODMAP Friendly)

9 ingredients · 5 minutes · 1 serving



## Directions

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1. Throw all of the ingredients into a blender and blend until smooth. You may need to scrape down the sides or add in a little more liquid.
2. Pour into a bowl and add toppings of choice, for example: 1 tbsp of Hemp Seeds, 1/2 Banana or any additional Fruit of choice, 1 tbsp Chia Seeds, 1/2 tbsp Nut or Seed Butter (optional) and/or Homemade Granola (if tolerated).
3. Enjoy with a spoon!

## Ingredients

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- 3/4 cup** Organic Almond Milk (or coconut milk)
  - 1/2 cup** Frozen Blueberries
  - 1/2 cup** Frozen Raspberries (or substitute for frozen strawberries or frozen mixed berries)
  - 1 tbsp** Almond Butter (optional)
  - 1/2 cup** Baby Spinach (can add more to taste, try freezing your spinach to increase creaminess)
  - 1/4 cup** Vanilla Protein Powder (optional)
  - 1/2** Frozen Banana (ripe frozen banana or you can use fresh if you do not have frozen it will only impact the creaminess)
  - 2 tbsps** Hemp Seeds (1 tbsp for in the smoothie, the other for topping)
- Toppings: Banana Slices, Shredded Coconut, Chia Seeds, Granola, Additional Fruit And Nut Or Seed Butter (Add as many or as little as you like! Get creative and make it your own)