

## **Green Smoothie Bowl**

Ingredients (serves 2)

- 2 mangos
- banana
- couple handfuls of greens (I used baby kale, spinach, and arugula)
- chopped date
- 1 tsp spirulina (gives the bright green color, optional)
- 1 - 2 TBSP plant-based protein powder (optional)
- 1/2 cup plant milk (e.g., soy, oat, or almond milk)

Optional toppings and add-ins: chia and/or flax seeds, berries, granola, nuts

Blend everything (except toppings) in a high-powered blender. Adjust the amount of plant milk for desired consistency. Pour into a bowl. Stir in 1 TBSP of chia and/or ground flax seeds. Top with fruit and granola.