



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

Smoothie Bowl

INGREDIENTS:

- Organic Frozen fruit of choice
- Organic greens of choice, optional
- Organic fresh fruit of choice
- Raw nuts of choice, soaked 2-4 hrs if possible
- Homemade no sugar granola (see in recipes)
- Unsweetened almond milk or homemade coconut milk
- Other options: shredded coconut, dried fruit, soaked and sprouted seeds.

DIRECTIONS:

- In a food processor, add frozen fruit, optional greens, and enough milk to make a slurry (start with 1/8 C).
- Blend smooth.
- Pour into a bowl and add toppings: sliced fresh fruit, chopped raw nuts, homemade granola, etc.



GLUTEN-FREE

