

Pink Smoothie Bowl



INGREDIENTS:

- 1 cup frozen mango
- 1 cup frozen pineapple
- 1 cup frozen strawberries
- Splash of milk
- 1 scoop of protein powder, optional

Optional toppings:

- sliced banana
- peanut butter
- sliced almonds or pumpkin seeds
- chia, hemp or flax seeds
- Drizzle of maple syrup

DIRECTIONS:

1. In your blender add: frozen mango, pineapple and strawberries with a splash of milk.
2. Blend on low until smoothie consistency is thick and creamy.
3. Add your protein powder, if using, and blend until incorporated into smoothie about 1-3 minutes.
4. Scoop smoothie into a large bowl.
5. Sprinkle smoothie with any toppings you like such as peanut butter for additional protein, seeds or nuts for crunch, or fresh fruit for more fiber.
6. Grab a spoon and enjoy!

Source: thehintofrosemary.com

