

Maqui Berry Smoothie Bowl

1 Sliced Frozen Banana

½ Punnet of Frozen Blueberries

1 tablespoon Maqui powder (you could use 'Acai' here – I just find it tastes funny – but that's just me!)

1 scoop Vanilla or plain Protein Powder

250ml coconut/almond milk

Topping

Fresh Fruit of your choice (I love using Pomegranate when it's in season)

Bee Pollen

Almonds

Pumpkin Seeds



Place all ingredients (except what you are going to use for the topping) in a blender and mix until creamy and smooth (like frozen yoghurt).

Spoon into a bowl, and top with your extra bits.

Serve immediately.

This serves one (simply double the recipe for two).

This is my 'go to' pre Netball match meal – it gives me the fuel I need without being heavy.....and its incredibly delicious!



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