

# Vegan Smoothie Bowl

## Ingredients:

- 1 cup mixed berries (fresh or frozen)
- 1 banana
- 1/2 cup almond milk (or any plant-based milk)
- 1 tbsp chia seeds
- 1 tbsp almond butter (optional)
- 1 tbsp maple syrup (optional)

## Toppings:

- Sliced banana
- Fresh berries
- Granola
- Coconut flakes
- Chia seeds

## Instructions:

In a blender, combine the mixed berries, banana, almond milk, chia seeds, almond butter, and maple syrup (if using).

Blend until smooth and thick. You may need to stop and scrape down the sides of the blender or add a little more almond milk to reach the desired consistency.

Pour the smoothie into a bowl.

Add your favorite toppings, such as sliced banana, fresh berries, granola, coconut flakes, and chia seeds.

Serve immediately and enjoy a refreshing and nutritious start to your day.

Enjoy your delicious vegan smoothie bowl!