



Keto smoothie bowl*

Serving: 1

Veg

Ingredients

- For bowl :
- 1/2 cup spinach chopped
- 1/2 cup almond milk
- 1 tsp coconut oil
- 1 scoop protein powder
- 2-3 ice cubes
- toppings :
- 1 tbsp choppes almonds or walnuts
- 1 tsp chia seeds or Pumpkin seeds

Preparation Method

- Blend all the ingredients in the bowl section untill smooth consistency
- Pour mixture into bowl
- Sprinkle the toppings on top . Enjoy