Blueberry Smoothie Bowl

Ingredients
¾ cup unsweetened almond milk or coconut milk
¾ cup frozen blueberries
1 scoop protein powder (unsweetened or stevia sweetened)
2 teaspoons chia seeds

Topping Options
Shredded coconut
Almonds, whole or sliced or slivered
Hempseeds
Sliced banana
Sliced avocado

Directions
1. In a blender or bullet (single serving blender), add milk, blueberries, protein powder and chia seeds. Blend until smooth.
2. Pour into a bowl and top with your favorite goodies!

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