

Berry Smoothie Bowl

Ingredients

- 1 ½ c frozen blueberries
- 1 c cauliflower rice
- 1 c Coconut Water
- 2 Medjool dates, pitted
- 1 tbsp cashew butter
- ¼ c fresh blueberries
- ¼ c fresh strawberries, sliced
- 1 tbsp hemp seeds
- 1 tbsp cocoa nibs
- 1 scoop plant based protein powder



Directions

Combine the frozen blueberries, cauliflower, coconut water, protein powder, dates and cashew butter into a heavy-duty blender and blend on high until thoroughly combined and smooth, about 1 minute.

Pour the smoothie into a wide mouthed bowl and top with fresh blueberries, strawberries, hemp seeds and cocoa nibs.