



BLUEBERRY SMOOTHIE BOWL

YIELDS: 1 LARGE BOWL, OR 2 SMALL

There's nothing like a healthy start to a Spring morning with a flavourful smoothie bowl, topped with Anita's classic granola and fresh fruit. We used a mix of frozen and fresh berries, butterfly pea powder, and non-dairy yogurt, but you can switch up all these to your personal taste preference. Butterfly pea powder is an amazing antioxidant that also gives our bowl that bright blue hue, however this is totally optional as it doesn't change the flavour, or consistency.



Ingredients

SMOOTHIE BOWL

- 1 frozen banana
- 1 cup frozen blueberries
- ½ cup yogurt, we used a non-dairy coconut yogurt
- ½ cup fresh blackberries
- 1 tsp butterfly pea powder, optional

TOPPING

- ⅓ cup Anita's Classic Granola
- ¼ cup fresh fruit

Instructions

1. Place all smoothie bowl ingredients in a high-speed blender until smooth and creamy.
2. Choose your favorite bowl, pour in smoothie, and smooth out the top.
3. Top with granola, fruit, or any other toppings of choice.

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