

SHAKEOLOGY

SMOOTHIE

BOWL



What you need:

- 1 cup unsweetened almond milk
- 1 scoop Tropical Strawberry Shakeology
- ¼ frozen banana
- ¼ cup frozen blueberries
- 1/2 cup frozen cauliflower
- 1 cup ice

Toppings:

- 1 Tbsp. sliced raw almonds
- 1 tsp. chia seeds
- 2 tsp. cocoa nibs
- fresh cherries
- 2 Tbsp. shredded coconut

What you do:

1. Place almond milk, Shakeology, blueberries, banana, cauliflower and ice in blender; cover. Blend until smooth.
2. Place smoothie in a medium bowl. Top with all the fun toppings and enjoy!

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