

# Kaylee's Frozen Smoothie Bowl

## INGREDIENTS

- **SMOOTHIE BOWL**
  - 1 banana frozen
  - 1 1/2 cups frozen strawberries
  - 1/2 cup unsweetened coconut milk
- **TOPPING**
  - Freeze dried strawberries & bananas
  - Fresh strawberries sliced
  - Fresh bananas slices
  - Chia seeds



## METHOD

1. Combine frozen banana, frozen strawberries, and coconut milk in a blender. Puree until completely smooth – the mixture should be thick. Add a touch more liquid if necessary to get it to blend completely smooth.
2. Transfer to a bowl and add toppings as desired. Enjoy!
  - Alternative toppings: roasted almonds, coconut, sunflower seeds, granola, pumpkin seeds, flax seeds, kiwi, blueberries, raspberries, mango, and pineapple