

Mixed Berry Smoothie Bowl

INGREDIENTS

- 1-2 frozen peach cups
- 1 cup frozen strawberries
- 1 cup frozen blueberries
- 1 cup Greek yogurt
- 1/2 cup rolled oats
- Low fat milk (optional)
- 2 tablespoons honey (optional)
- 2 teaspoons chia seeds (optional)
- Sliced fresh fruits for garnish (optional)

SERVINGS: 2
TIME: 10 MIN



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PROCEDURE

1. In a blender, combine the frozen peach cups, frozen strawberries, frozen blueberries, and Greek yogurt.
2. Blend until smooth and creamy. If the mixture is too thick, you can add a splash of water or milk to help with blending.
3. Divide the smoothie mixture evenly between two serving bowls.
4. Sprinkle rolled oats evenly over the smoothie bowls.
5. Drizzle honey over each bowl for added sweetness, if desired.
6. Optionally, sprinkle chia seeds over the top for extra nutrition and texture.
7. Garnish with sliced fresh fruits like strawberries, blueberries, or bananas for additional flavor.
8. Serve the mixed berry smoothie bowls immediately.



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