



VERY BERRY POWER BOWL SMOOTHIE

Ingredients

- 1 frozen banana (freeze overnight)
- 1/2 cup frozen blueberries
- 1 cup plain Greek yogurt
- 1/2 cup milk or water
- 1 teaspoon LorAnn Blueberry Bakery Emulsion
- Toppings: ripe banana slices, blueberries, kiwi and chia seeds or pumpkin seeds



Directions

1. Add ingredients into a high-powered blender. Blend until smooth.
2. Pour smoothie into a bowl and add toppings.

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