

# Raspberry Beet Smoothie Bowl

7 ingredients · 5 minutes · 1 serving



## Directions

1. Combine all ingredients except the shredded coconut and slivered almonds in a blender. Start by blending on low and working your way up to high, tampering as needed, until a thick consistency is achieved.
2. Scoop into bowls and top with shredded coconut, slivered almonds, and more raspberries if desired. Enjoy!

## Notes

### Leftovers

Best enjoyed immediately.

### Serving Size

One serving is equal to approximately 1 1/2 cups.

### Make it Vegan

Use coconut milk or any alternative yogurt instead of Greek yogurt.

### Additional Toppings

Chocolate chips or cacao nibs.

## Ingredients

- 1 cup Frozen Raspberries (plus more for garnish)
- 1/2 Beet (medium, chopped, frozen)
- 2 tbsps Pitted Dates
- 1/4 cup Hemp Seeds
- 1/2 cup Plain Greek Yogurt
- 1 tbsp Unsweetened Shredded Coconut
- 1 tbsp Slivered Almonds

