



# EASY WILD BLUEBERRY SMOOTHIE BOWL



SERVES: 1 | PREP TIME: 5M | COOK TIME: 0M

DAIRY FREE PALEO VEGAN VEGETARIAN

## INGREDIENTS:

½ Cup Crofter's Organic Premium Wild Blueberry Fruit Spread

1 Cup Organic Spinach

1 Tsp Chia Seeds

1 Tsp Hemp Hearts

1 Cup Organic Almond Milk

½ of a Frozen Banana

1 Cup Frozen Organic Mixed Berries

1-2 Tsp Organic Maple Syrup

¼ Cup Organic Granola

Fresh Organic Blueberries & Strawberries

## DIRECTIONS:

1. In a blender add spinach, almond milk, chia seeds and hemp hearts. Blend on high to make sure there are no stringy bits of spinach or seed chucks remaining.
2. Once blended to desired smoothness, add in Crofter's Organic Premium Wild Blueberry Fruit Spread, frozen Banana, frozen mixed berries and 1 or 2 tsp of maple syrup (depending on the level of sweetness you want). Blend together on medium speed scraping down the sides of the container when needed. If the smoothie is not thick enough, add in a few ice cubes and blend again.
3. Once your smoothie is a nice, thick consistency pour it in to a bowl. Garnish with fresh strawberries, blueberries, and granola. Feel free to add additional toppings to your liking, that's the fun part about smoothie bowls, enjoy!