



PB&J SMOOTHIE BOWL

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Prep time: 5 mins | Cook time: 5 mins | Yield: 1 smoothie bowl

DESCRIPTION

Featuring peanut butter and berries, this smoothie bowl brings back flavors reminiscent from a classic Pb&J sandwich! This recipe is nutrient-rich, naturally sweet, and dairy-free.

INGREDIENTS

- 1 frozen banana
 - 1/2 cup frozen mixed berries
 - 1/2 cup frozen strawberries
 - 1/2 cup almond milk
 - 1-2 tablespoons peanut butter
 - 1 tablespoon flaxseed meal
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INSTRUCTIONS

1. Add all ingredients to a blender
2. Blend until consistency is smooth and creamy
3. Pour mixture into a bowl
4. Top smoothie bowl with desired toppings



DID YOU MAKE THIS RECIPE?

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