

“We Cool” Spirulina Smoothie Bowl

Ingredients

1- 1 ½ cups of coconut milk or coconut water (other plant-based milk can be used if desired)

1 banana, peeled

½ cup frozen strawberries

½ cup frozen cherries

1 cup frozen Kale

1 tablespoon of chopped cilantro

1 tablespoon of spirulina

1 lemon wedge squeezed

¼ cup sliced dates

1 tablespoon sliced almonds



Prep Time: 5 Minutes

Total Time: 6 minutes

Servings: 2-3

Directions:

1. Pour coconut milk (or other plant-based milk) into the blender
2. Add banana, frozen strawberries, cherries, kale, spirulina, and cilantro.
3. Squeeze lemon juice into mixture
4. Blend thoroughly and check consistency for liking. If you want this lighter, add a splash of milk and blend more.
5. Pour into bowl
6. Sprinkle dates and sliced almonds on top (or make a dope shape if you choose)
7. Grab a spoon and enjoy.

