Berry Spinach Protein Power Bowl

A refreshing low-carb smoothie bowl packed with spinach, protein, and antioxidant-rich berries for a satisfying, muscle-supporting breakfast.

Servings: 2 **Time:** 10 minutes

Ingredients

- 1 cup fresh spinach
- 1/2 cup unsweetened almond milk
- 1/2 cup mixed berries (blueberries, raspberries, blackberries)
- 1 scoop vanilla protein powder
- 1/4 avocado
- 1 tbsp chia seeds
- Ice cubes (optional, about 3-4 cubes)
- 1 tbsp unsweetened shredded coconut (for topping)
- 5-6 sliced almonds (for topping)

Instructions

1. Add spinach, almond milk, mixed berries, protein powder, avocado, and chia seeds into a blender.
2. Blend until smooth and creamy. Add ice cubes if you prefer a colder, thicker texture and blend again.
3. Pour the smoothie into two bowls evenly.
4. Top each bowl with shredded coconut and sliced almonds.
5. Serve immediately and enjoy!

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