

GUT LOVING SMOOTHIE BOWLS



A REFRESHING BREAKFAST, SNACK OR DESSERT!

This smoothie bowl not only tastes incredible, but is packed with gut-loving ingredients! Customize it by adding your favourite toppings, such as fresh fruit, hemp hearts, chia, nuts and seeds or whatever else you love!

INGREDIENTS

- 1/2 cup chopped mango (fresh or frozen)
- 1 frozen chopped banana
- 1/2 cup pea shoots
- 1/2 cup frozen raspberries
- 1 tablespoon red beet crystals
- 10-14oz any nut milk
- 1 scoop Daily Fibre Blend
- 1 scoop Gut-FX
- a few ice cubes
- Any toppings of your choice!

DIRECTIONS

1. Place all ingredients in a blender (except for toppings).
2. Blend on high speed until smooth.
3. Add toppings and enjoy!



VISIT WWW.THECOUNTRYWAY.CA FOR MORE HEALTHY FAMILY FRIENDLY RECIPES

