

simple smoothie bowl

Serves 2

Add frozen cherries, frozen banana, dates, cashew butter and $\frac{1}{4}$ cup coconut water to a blender or food processor and blend to mix. Use more coconut water for a thinner consistency.

Add mixture to a deep bowl and top with cacao nibs, blueberries, shredded coconut, and your favorite granola.

2 cups frozen sweet dark cherries

1 frozen banana, sliced

4 pitted dates, chopped

$\frac{1}{4}$ cup cashew butter

$\frac{1}{4}$ - $\frac{1}{2}$ cup coconut water

2 tablespoons cacao nibs

$\frac{1}{4}$ cup blueberries

2 tablespoons shredded coconut

$\frac{1}{2}$ cup granola (see page 32 & 34)

