



SMOOTHIE BOWL

Thrive Chocolate Berry

INGREDIENTS

- 1/2 c of Almond milk
- 1 serving of Thrive Chocolate Lifestyle Mix
- 1 c frozen berries (blueberries, raspberries or strawberries)
- 1/2 frozen banana
- 1/2 tsp vanilla extract

TOPPINGS

- Fresh Blueberries
- Nuts or Granola
- Chia Seeds
- Coconut Flakes (if desired)

DIRECTIONS

1. Blend all ingredients together until smooth (may add extra milk if you want)
2. Pour into bowl and add toppings.

NOTES

Mix up Thrive Lifestyle Mixes flavors to change the experience