

# Berry Cherry Smoothie Bowls

Serves 2

## **Smoothie Ingredients:**

1 cup milk

1 half banana (fresh or frozen)

1 cup mixed berries and cherries (fresh or frozen)

1 cup of vanilla Greek yogurt

A drizzle of honey (optional)

Blend all ingredients together in blender. Pour into two bowls.

## **Toppings:**

1/3 cup granola, 1 tbsp. to 1 1/2 tbsp. dried Goji berries or other dried fruit,

1 to 1 1/2 tbsp. flaked coconut, half sliced banana.

Arrange toppings in rows on top of smoothie bowls.

Enjoy!