

Angela's Smoothie Bowl

Makes 2 smoothies

Serving size: 1



Ingredients

- 1/2 c Icelandic yogurt (SKYR)
- 2 cup almond milk
- 6 dates pitted
- 2 tbsp flax
- 2 tbsp powdered PB
- 1/2 frozen banana
- 2/3 cup oats
- 1 tsp cinnamon
- 1 tsp cocoa

Directions

- Combine all ingredients in a blender.
- *Blend until smooth*

Nutritional information

- Calories: 420
- Carbohydrates: 60
- Protein: 20
- Fat: 8

Find out more

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Nutrition in Action
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