# Winter Berry Smoothie Bowl

## Ingredients:

- 1 cup frozen berries (raspberries, blackberries, blueberries, strawberries)
- 1/3 cup plain, unflavored soy milk
- 1/2 banana, ripe
- 1 tablespoon chia seeds

## Toppings:

- 1/4 cup frozen berries
- 1 tablespoon hemp seeds
- 1 tablespoon cocoa nibs (unsweetened, crushed cocoa beans)

## Directions

- Place all ingredients in a blender container. Process until smooth.
- Pour into a bowl and top with additional frozen berries, hemp seeds, and cocoa nibs.
- Enjoy immediately.

*Note: Try additional toppings, such as unsweetened, dried coconut, slivered almonds, sunflower seeds, chopped walnuts, and pistachios.

**Makes 1 large serving.**

**Per Serving:** 389 calories, 19 g total fat, 4.5 g saturated fat, 52 g carbohydrate, 17 g fiber, 13 g protein, 46 mg sodium.

**Prep Time:** 5 minutes

*Recipe found here: [http://www.aicr.org/health-e-recipes/2018/winter-berry-smoothie-bowl.html](http://www.aicr.org/health-e-recipes/2018/winter-berry-smoothie-bowl.html)*