

Banana, Blueberry, Maca Protein Bowl/Smoothie

By adding more liquid this can either be a bowl or a smoothie. A favorite after a workout.

Categories

Gluten-free

Yields: 1 serving

Preparation time: 5 mins

Cooking time: 0 mins

Category: Smoothies



Ingredients

Coconut water, unsweetened, not fortified	3/4 cup
Sun Warrior Protein Warrior Blend (pea and hemp)	1 scoop
Banana, fresh	1 medium - 7" to 7 7/8" long
Blueberries, wild, frozen	1/4 cup
Organic maca powder	2 tbsp
Organic flax seeds	2 tbsp
Sunflower seeds, raw	1.5 tbsp
Raw pumpkin seeds	1.5 tbsp
chaga mushroom organic ground	1 item
Hemp seeds, un-hulled	1 tbsp

Instructions

Freeze banana the night before or a few hours before if you want a creamy consistency. If you want it to be more of a smoothie no need to freeze the banana.

If you don't have coconut water, use nut milk of choice.

1. Grind flax seeds in a coffee grinder. If you don't have one just add them to the blender whole.
2. Add all ingredients to the blender except pumpkin and sunflower seeds. The 1 tsp chaga powder is optional. Blend until well mixed. You can always add more or less coconut water to adjust consistency.
3. Scoop into a bowl and top with sunflower seeds, pumpkin seeds, and hemp seeds.