

## *VeTribe - Five minute recipes*



### *Smoothie Bowl*

This is so delicious...it tastes like ice cream to me! I look forward to eating it after my workouts.

Calories: 594

Net Carbs: 83g

Protein: 33g

Fat: 11g

Depending on the ferocity of your blender you may need to leave the frozen fruit to defrost for 5-10 minutes to avoid blender death.

### *Ingredients:*

- 200ml cashew milk (or other plant milk)
- 1 Tbsp ground flax seeds
- 1/4 tsp ground ginger (optional)
- 1 scoop of Vivo Perform Acai & Blueberry protein powder
- 1 raw banana
- 150g / 1 cup frozen peas
- 1 frozen banana
- 120g frozen blueberries

You can vary the fruit, to change the flavour. It works well to use 1 raw and frozen banana as a neutral base; then change the flavour by swapping out the frozen berries for any other frozen fruit that takes your fancy, such as mango, papaya, etc.

Important: follow the order of steps below, otherwise the powders won't mix and you'll end up with frozen lumps.

### *Step by Step Instructions:*

Step 1- Liquid must go first into the blender, so add the cashew milk.

Step 2 - Then add the powders: ground flax seeds, ginger and plant protein powder.

Step 3 - Put 1 raw banana in the blender and roughly cut it into 4 pieces.

Step 4 - Add frozen peas (if you decide to swap the peas for leafy greens instead, then don't put in the raw banana from step 3, and instead add an extra frozen banana after the peas, otherwise it the mixture will not be frozen).

Step 5 - Time to add the hard to blend frozen fruit: add in the frozen banana and berries.

Step 6 - Blend until the lumps are gone (but not too long, otherwise it will turn to liquid). Scoop it into a bowl using an eating knife. Serve with a sprinkling of your favourite toppings, such as dried coconut and nuts.

### *Did you make this recipe?*

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