

Tropical Smoothie Bowl

Why not make your food beautiful when you're eating it? This smoothie bowl is a beautiful, satisfying, and delicious way to nourish your morning!

Serves 2

2 Cups frozen pineapple chunks
1 Cup frozen mango chunks
1 frozen banana
1 Tbsp chia seeds
1/3 Cup Greek yogurt
1 Cup coconut water

Toppings:

1/2 cup raspberries
1 kiwi
1 tbsp hemp seeds
1/2 dragon fruit
1 Tbsp Key Lime White Balsamic
2 Tbsp Greek yogurt

Place the pineapple, mango, banana, chia seeds, yogurt, coconut water, and balsamic into the bowl of a blender. Blend until very smooth and creamy. Divide the smoothie into two bowls.

Top each bowl with thinly sliced kiwi, dragon fruit, raspberries, coconut, and hemp seeds in any lovely pattern you desire.

In a small bowl, stir together yogurt and balsamic and drizzle over top of the bowls for garnish.