



Purple Power bowl

Ingredients

- 1 banana
- 200ml almond milk
- 1 scoop berry protein powder
- 1 tablespoon cinnamon
- 1 tablespoon LSA
- 100gm blueberries
- 100gm blackberries
- 30gm Bliss fit food activated cacao crunch granola
- Handful of goji berries (to top)
- Handful of Shredded coconut (to top)

Steps

1. In blender or Nutribullet place the almond milk, banana, protein powder, cinnamon, LSA and blueberries and blackberries.
2. Place this in a bowl and top with the bliss fit food granola, coconut and goji berries.

