

Super Green Matcha Smoothie Bowl

Ingredients:

Yields: 2

- 1 cup coconut, almond, hazelnut, cashew, hemp, quinoa, or rice milk
- 1 large handful spinach
- 1 heaping tbsp. sun butter
- 1 tbsp. hemp seeds
- 1 tsp. matcha green tea powder
- 1/4 avocado
- 1 green-tipped banana, frozen
- 1 tsp, fresh ginger juice
- ½ -1 tsp. monk fruit sweetener or yacon syrup
- 1 c. ice

Method:

Blend and serve with paleo granola if desired.