

## ANTI-INFLAMMATORY SMOOTHIE BOWL

1 frozen banana  
1/2 cup frozen berries  
3/4 cup almond milk  
1 scoop protein powder or 1 tbsp almond butter (optional to increase protein)

Blend until smooth. Add toppings below for additional health benefits...

### TOPPINGS

Additional berries  
Shredded unsweetened coconut  
Bee pollen  
Chia seeds  
Kashi Whole Grain Nuggets or Grapenuts

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