



Almond Butter & Berry Smoothie Bowl

Ingredients

- 1 cup frozen mixed berries (such as strawberries, blueberries, and raspberries)
- 1 ripe banana
- 1 cup unsweetened almond milk
- 2 tablespoons [Maisie Jane's Smooth Almond Butter](#)
- 1 teaspoon honey (optional)
- 1 tablespoon chia seeds
- Fresh fruit and chopped almonds for toppings (optional)

Directions

1. Combine the frozen mixed berries, ripe banana, unsweetened almond milk, almond butter, honey (if using), and chia seeds in a blender.
2. Blend until smooth and creamy.
3. Pour the smoothie into a bowl and top with fresh fruit and chopped almonds (if using).
4. Serve immediately and enjoy!

Tip:

This bowl is a great way to start your day with a boost of heart-healthy nutrients. The almond butter adds a creamy and nutty flavor, while also providing healthy unsaturated fats, protein, and fiber. The frozen mixed berries and chia seeds are also great sources of antioxidants, which have been shown to have a positive impact on heart health.