

## **Avocado and Spinach Smoothie Bowl**

**Serves 1**

**You will need:**

1 avocado peeled and deseeded

1 small banana

A slice of melon, cantaloupe or honeydew peeled and diced

Handful of Spinach Leaves cleaned

Some lemon or lime

Apple Juice or Water to thin out if needed

**Toppings:**

Whatever toppings you like, want or have, load up on nuts, seeds, fruits, berries etc. I like Passion Fruit, Coconut, Goji Berries, Chia Seeds, Bee Pollen, Pea Shoots

**Method:**

Place all the ingredients in blender, blend until smooth, thin out with some water or Apple Juice if desired

**To Serve:**

Place the smoothie in bowl, or glass jar, top with whatever you have chosen.