

# Berry Beet Smoothie Bowl

6 ingredients · 10 minutes · 2 servings



## Directions

1. In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, schisandra berry powder and milk. Blend until smooth and thick.
2. Transfer to a bowl and add toppings. Enjoy!

## Notes

### Topping Ideas

Blueberries, raspberries, strawberries, mango, chia seeds, or shredded coconut.

### No Schisandra Berry Powder

Leave it out, or use acai powder instead.

## Ingredients

- 1 Beet (medium, peeled and diced)
- 1 cup Frozen Mango
- 1 cup Frozen Raspberries
- 1 tbsp Pitted Dates
- 1 tsp Schisandra Berry Powder
- 1 cup Unsweetened Almond Milk