



# Beet Berry Bliss Bowl

Bursting with the goodness of beets, berries, and plant-based ingredients, this vibrant bowl provides a delightful and allergy-conscious breakfast option to fuel your day.

## Ingredients

Serving - 4

- 1 medium beet (peeled and diced)
- 1 cup frozen mango
- 1 cup frozen raspberries
- 2 tablespoons pitted dates
- 1 cup soy milk
- 2 tablespoons chia seeds
- 1/2 cup cereal of choice
- 1/2 cup frozen berries (for toppings)



## Directions

1. In a blender or food processor, combine the diced beet, frozen mango, frozen raspberries, pitted dates, and soy milk.
2. Blend the mixture until it becomes smooth and thick.
3. Transfer the blended mixture to a bowl.
4. Top the bowl with chia seeds, cereal, and additional frozen berries.



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## Notes:

- Leftovers from the beet berry smoothie bowl can be stored in an airtight container in the refrigerator for up to 24 hours, but it's best enjoyed fresh.
- For toppings, you can consider using your favorite cereal or granola, blueberries, raspberries, strawberries, mango, chia seeds, and/or shredded coconut.
- Substitute with a milk alternative that suits your specific needs, such as cow's milk, oat milk, almond milk or coconut milk.

## Nutrition facts:

Calories - 151  
Protein - 4g  
Carbs - 28g  
Fiber - 6g  
Calcium - 135mg  
Iron - 2mg

