

How to Make a Mood-Boosting Berry Smoothie Bowl



BLEND



1/4 cup Greek yogurt



1/2 frozen banana



1/2-cup unsweetened almond milk

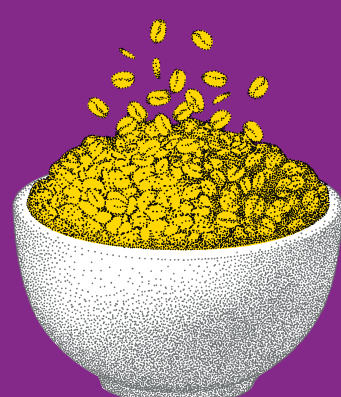


1-cup frozen berries



1 tbsp chia seeds

Add Some Toppings You Love



granola



walnuts



any sliced fruits

Recipe of the Month: “Mood-Boosting Berry Smoothie Bowl”

Fuel your body, boost your mood, and enjoy the colors of spring with this vibrant smoothie bowl! Packed with antioxidants and gut-friendly ingredients, it's perfect for breakfast or an afternoon recharge.

Ingredients:

1 cup frozen mixed berries

½ banana

¼ cup Greek yogurt (or dairy-free alternative)

1 tbsp chia seeds

½ cup unsweetened almond milk

Optional toppings: sliced banana, fresh berries, granola, chopped walnuts, drizzle of honey

Benefits:

Berries = brain-boosting antioxidants

Yogurt = gut health & protein

Chia seeds = Omega-3s for mood stability

Bananas = natural energy + potassium

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