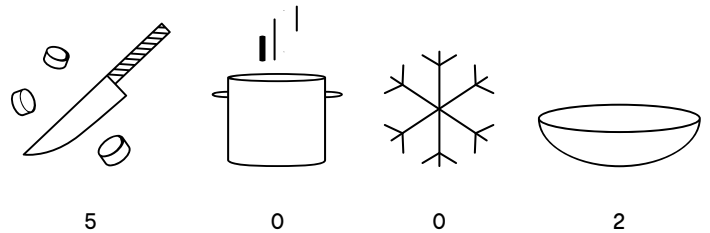




Superfood Berry Bowl

A berry nice breakfast bowl to start the day, with a hidden boast of natural omega oils.



Ingredients

250ml fat-free milk or dairy free alternative (we used Coconut Milk made from our Organic Creamed Coconut)

15ml The Groovy Food Company Omega Cool Oil

150g mix of strawberries and raspberries

3 tbsp The Groovy Food Company Light Amber & Mild Agave Nectar

Ice cubes

Optional: Add sliced fresh strawberries, raspberries, chia seeds and fresh pumpkin seeds

Directions

1. Place the milk, berries, Omega Cool Oil and Agave Nectar into a blender, process until smooth
2. Add ice cubes, process until smooth
3. Divide into two bowls
4. Add optional toppings as desired