

Nutrition Darling green smoothie bowl

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Start your day with a nutritious and easy to make green smoothie bowl.

Ingredients (Makes 1)

- 2 frozen bananas
- 1 large fresh fig
- 1 [Super Greenie Smoothie Bomb](#)
- 1 scoop [Protein Supplies Australia](#) raw vanilla protein powder
- 100 ml coconut water or [Global Organics](#) coconut milk
- Handful of ice

Method

Place all ingredients into a high-powered blender and blend until smooth and slushy. Pour into a bowl and top with fresh figs, pomegranate, activated buckwheat and your favourite Loving Earth chocolate.

Recipe by: [Nutrition Darling](#)

Photography by [Two Loves Studio](#).

NEXT: Try another [green smoothie bowl](#) with spinach and avocado for a breakfast alternative.

```
function displayNutrition(msg) { $('<div>.nutrition-label-container').text(msg); $('<div>.nutrition-label-
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$(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/'
+ nid, function(data) { // $('<div>.result').html(data); alert('This recipe was added to your favorites list');
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