Protein Smoothie Bowl

Serving size: 1 bowl
Recipe yields 1 serving

Ingredients
1 frozen banana
1/2 cup almond milk
1 scoop MFIT SUPPS Iso Whey
1 packet instant coffee
1 cup spinach
Ice cubes

Optional toppings: almond butter, almonds, chia seeds, low-fat granola, banana slices, strawberries, carob chips, coconut flakes

Directions
1. Put all the ingredients except the toppings in a blender. Blend until smooth and creamy. If necessary, add more almond milk until you achieve the desired consistency.
2. Pour the mixture into a bowl and add your favorite toppings. Serve immediately or refrigerate for later.