

Raspberry Peach Smoothie Bowl

Ingredients:

- 2 cups frozen peaches
- 1 cup frozen raspberries
- 1 cup yogurt (coconut milk, soy, etc.)
- 1 tbsp. ground flaxseeds
- 1-2 tbsp. raw honey or maple syrup
- ½ cup non-dairy milk or more
- Toppings of choice (granola, nuts, seeds, fruit, etc.)

Instructions:

1. Add all the ingredients apart from the toppings into a blender and blend on high until smooth and creamy. If the blender is not high-speed you may have to stop and stir the contents a couple times.
2. Pour the smoothie into a bowl and top with granola, fruit, etc.

Tips: If you don't have raspberries or they just aren't your thing substitute strawberries.