



Breakfast Smoothie Bowl

Servings: 1 bowl

Ingredients	Nutrient value per serving
6 oz. yogurt, low-fat 1 T. peanut butter ½ T. cocoa powder, unsweetened ½ t. vanilla extract ¾ c. blueberries and strawberries, sliced 2 T. unsweetened coconut, shredded ¼ c. granola, low-fat	Exchanges 1 starch 1 fruit 1 milk 1 protein 1 fat Calories321 Calories from Fat114 Total Fat 13 g Saturated Fat4 g Cholesterol10 mg Sodium208 mg Carbohydrate37 g Fiber4 g Sugar 23 g Protein.....15 g
Instructions	Notes
1. Scoop yogurt into a bowl. Stir in peanut butter, cocoa powder and vanilla. 2. Top with berries, shredded coconut and granola.	Prep time: 5 min. <i>VEGETARIAN recipes are prepared without any meat, poultry or seafood. Check the label on each ingredient to make sure the brand you are using does not contain these items. TOPS vegetarian recipes may contain animal products, including foods with animal fats, milk or eggs.</i> <i>GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. A note that while gluten-free ingredients are listed in the recipes, not all packaged versions of these foods are gluten-free. If you are concerned about gluten, always check the label prior to purchasing.</i>