

# LOW-CARB SMOOTHIE BOWLS



## INGREDIENTS

- 1 cup plain yogurt
  - 3/4 cup frozen blackberries and blueberries mix (or just one of the berries)
  - 1/2 medium frozen zucchini, peeled
  - 1 tablespoon vanilla extract (optional but recommended for added flavor)
- Toppings (optional):
- 2-3 tablespoons of your favorite raw nuts, seeds or dried coconut (for example, chia, walnuts, dried coconut and pumpkin seeds)

## PREPARATION

1. Place all ingredients, except for the toppings, into a blender. Start on low speed and gradually pick up speed. Blend until smooth but before careful not to overdo it, since the blender will actually heat up the smoothie and your bowl will be more like a drink instead of like sorbet.
2. Empty the smoothie into a bowl. Add your desired toppings if any.

**Makes:** 1 serving

### **Nutrition Information:**

Calories: 312, Protein: 30g,  
Fat: 13g, Carbohydrates:  
24g, Fiber: 9g, Sugar: 11g

### **Want to enhance the flavor even more?**

- Sprinkle in cinnamon or nutmeg
- Add 1/2 scoop of your favorite low-carb protein powder (you may need to add an extra tablespoon of yogurt to help with mixing)
- Get zesty! Garnish the bowl with a bit of lemon, lime or orange zest