

Three Fruit Bowl Recipes

by Andrea Bear

Each recipe makes 2 servings

Andrea's Go-To Breakfast Bowl

- 2 cups frozen mango
- 1 cup frozen açai (or açai packets)
- ½ cup coconut water
- 1 tablespoon chia seeds
- 1 scoop vanilla protein powder
- 1 packet of stevia
- 1 sliced banana
- ½ cup of fresh blueberries
- 1 cup of protein granola

Mix the mangoes, açai, coconut water, chia seeds, vanilla powder, and stevia on high into a blender (add more liquid as needed but the consistency should be smooth and thick.)

Pour into a small bowl or mug. Sprinkle the granola as a next layer, then garnish with fresh fruit and a sprig of mint.



Andrea's Strawberry Peanut Butter Delight

- 2 cups frozen strawberries and bananas
- ½ cup almond butter
- 1 scoop vanilla protein powder
- 2 tbsps. honey
- ½ cup almond milk
- 1 sliced banana
- ½ cup of fresh strawberries
- ½ organic peanut butter
- 1 cup of protein granola
- ½ cup agave syrup
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Mix the frozen strawberries bananas, almond milk, almond butter, vanilla powder and honey on high into a blender (add more liquid as needed but the consistency should be smooth and thick.)

Pour into a small bowl or mug. Sprinkle the granola as a next layer, add a scoop of peanut butter to the top, fresh fruit. Drizzle with agave nectar over the top.

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Emily's Extra Protein Chocolate Banana Bowl

- 1 frozen banana
- 1 scoop of chocolate protein powder
- 1 scoop of vanilla Greek yogurt
- ½ cup of almond milk
- ½ cup of organic peanut butter
- Protein granola
- Fresh banana
- Drizzle of honey
- Cacao powder (to taste)

Mix the frozen bananas, almond milk, chocolate protein powder, Greek yogurt, and peanut butter on high into a blender (add more liquid as needed but the consistency should be smooth and thick.)

Pour into a small bowl or mug. Sprinkle the granola as a next layer, add a scoop of peanut butter to the top, layer your banana slices. Drizzle honey over the top. Dust with cacao powder.



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