**Berry Fruity Bowl**

**2 servings
20 minutes**

* 1 cup [oat milk](http://www.mindfulwellness.us/breakfast/oat-milk%22%20%5Ct%20%22_blank)
* 2 bananas, chopped
* 2 cups kale and/or spinach
* 1 kiwi
* 1/2 cup raspberries
* 1/2 cup apples, chopped
* 1/2 cup blueberries, frozen
* 1/2 cup strawberries, frozen
* 1/2 cup mango and/or pineapple, frozen
* 1/2 cup pomegranate seeds

topped with:

* 1/2 cup nuts (brazil or cashews or almonds)
* 1 cup [buckwheat granola](http://www.mindfulwellness.us/breakfast/buckwheat-granola%22%20%5Ct%20%22_blank)
* 2 tbsp chia seeds
* 1 tbsp ginger
* 1 tbsp hemp seeds
* 1 tbsp pumpkin seeds
* 1 tbsp shredded coconut flakes
* 1 tbsp sunflower seeds
* 1 tbsp cinnamon
1. Blend fruit, greens, and ginger until desired texture. Pour into two bowls or serving containers.
2. Distribute the nuts, seeds, coconut, buckwheat, and cinnamon onto the smoothie mixture.
3. Pour on nut butter in the heart of the mixture.

Tips:

* Any of the fruits included above can be fresh or frozen. Mix it up now and then can garnish the top of the bowl with one or two fruits.
* Bee pollen and spirulina make great additions to the mixture.
* If you desire juice instead of milk, search for cold-pressed, not from concentrate juice blends, when buying your juices to receive the most nutrient rich effects.
* If you need a thicker, more filling breakfast just add one avocado it won't take away from the sweet fruity taste of the liquid mixture.