

# B E R R Y   D E L I C I O U S B R E A K F A S T   B O W L

## Ingredients:

- 1 cup frozen blueberries
- 1 frozen banana
- 3 tbsp greek yogurt
- 1 tsp Cinnamon
- 1 scoop Microbiome OR 1 scoop TMR Vanilla Shake Mix
- 1/4 cup almond milk



## Instructions:

Blend all ingredients until smooth and creamy. Spoon into bowl and top with extra berries, coconut, cinnamon, and nuts.