

Spooky Blueberry Smoothie Bowl

Servings: **2**

Prep Time: **15 min**

Cook Time: **N/A**



INGREDIENTS

- 1 1/2 cups frozen blueberries
- 2 frozen bananas
- 2 cups packed spinach
- 2 1/2 cups low-fat plain Greek yogurt, divided
- 1/4 cup maple syrup
- 1/4 cup fresh blueberries
- 1 kiwi fruit, peeled and sliced
- 1/2 teaspoon chia seeds
- 2 tablespoons unsweetened shredded coconut
- Toy spiders, for decorating

INSTRUCTIONS

- 1** In a blender, combine frozen blueberries, bananas, spinach, 2 cups of yogurt, and maple syrup until smooth. Divide between 2 bowls.
- 2** Spoon remaining 1/2 cup of yogurt into a piping bag with a small round tip or a resealable bag with the corner snipped. Pipe concentric circles of yogurt over the top of each smoothie bowl.
- 3** Starting at center, drag skewer or tip of a knife at 1-inch intervals through yogurt and smoothie mixture to resemble a spider web.
- 4** Garnish smoothie bowls with fresh blueberries, kiwi slices, chia seeds, coconut, and toy spiders.

Variations

- Use edible candy spiders for a spooky spider you can eat.
- Substitute kale for spinach if preferred.

Notes

- Remove toy spiders before consuming smoothie bowl.



Grab a
boost of
blue