

## Low Carb Cauliflower Smoothie Bowl

### Description

*This smoothie bowl is very hearty and nutritious.*

**Prep/total time:** Fifteen minutes

**Servings:** 2

### Ingredients

- 1/2 cup of frozen cauliflower
- 1/2 cup of frozen zucchini
- 1 cup of frozen spinach, loosely packed
- 1 cup of frozen blueberries
- 1 cup of milk alternative (hemp milk)
- 2 tablespoons of almond butter (or peanut butter)
- 3 tablespoons of hemp hearts
- 1 teaspoon of cinnamon ground

### Additional Toppings

- Some hemp hearts
- Frozen or fresh berries
- Some granola

### Instructions

1. Pour all the ingredients into a blender and blend until it is creamy.
2. Pour the smoothie into two bowls and top with fresh fruit, granola, and extra hemp hearts.