

Triple Berry Protein Bowl

Swick

Makes 1 bowls | Active Time: 10 minutes | Total Time: 10 minutes

Chef's Notes

Nutrition: Calories 394, Fat 27g; Carbs 31g; Fiber 12g; Sugar 15g; Protein; 16g; Cholesterol 0mg; Sodium 87mg; Vitamin A 455IU; Vitamin C 65 mg; Calcium 342mg; Iron 6mg

Step 1: Method

- 1/2 cup Strawberries, sliced (83 grams)
 - 1/2 cup Blueberries (95 grams)
 - 1/2 cup Blackberries (88 grams)
 - 1 tbsp Almond Butter (15 mL)
 - 2 tbsp Hemp Seeds (20 grams)
 - 2 tbsp Pumpkin Seeds (20 grams)
 - 1/2 cup Unsweetened Almond Milk (125 mL)
- Wash berries and place in a bowl(s). Sprinkle berries with hemp seeds and pumpkin seeds. Top with almond butter and pour almond milk over top. Enjoy!