



## Tropical Fruit Bowl

### Ingredients

- 1 frozen banana
- 1 cup frozen pineapple
- 1 cup frozen strawberries
- 1/3 cup coconut milk
- 2 tbsp. unsweetened shredded coconut (for topping) ✓
- 5-6 fresh strawberries sliced (for topping)
- ½ banana sliced (for topping)
- 2 tsp. chia seeds (for topping) ✓

### Directions

1. Combine all ingredients (except for the toppings) in a blender.
2. Puree until you get a smooth consistency.
3. Serve in a bowl and top with your fresh fruits and chia seeds.

*Adapted from Bakerita*

<http://www.bakerita.com/mango-pineapple-smoothie-bowl/>

✓ Available for purchase in the PureFormulas Store  
[pureformulas http://pureformulas.com/](http://pureformulas.com/)