

RECIPE | MELONS



MELON SMOOTHIE BOWL



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MELON SMOOTHIE BOWL

Recipe created by *Megan Hutson*



INGREDIENTS

2 Pure Flavor® Alonna™ Canary Melons, divided
1 banana, frozen
1 cup frozen spinach
1 cup frozen cauliflower rice
1 cup unsweetened vanilla almond milk

1 cup raspberries, divided
1 cup blueberries, divided
1 cup mixed nuts, chopped and divided
½ cup unsweetened coconut flakes, divided
1 tbsp chia seeds, divided

DIRECTIONS

- 1** Halve the melons and scoop out the seeds. Remove the rind of one half melon and cut into cubes. Set the remaining melon halves aside.
- 2** Add melon cubes, bananas, spinach, cauliflower rice, and almond milk to a blender & blend until smooth.
- 3** Transfer smoothie to melon bowls and garnish with raspberries, blueberries, mixed nuts, coconut flakes and chia seeds.



5 min

5 min
PREP.

0 min
COOKING



3



easy