



RECIPE | MELONS

# MELON SMOOTHIE BOWL



5 min

5 min  
PREP.



3



easy

## INGREDIENTS

Recipe created by *Megan Hutson*

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.