



Spin Your Own Axis

Maca Mango Berry Smoothie Bowl

Looking for a snack in between meals, to up your protein intake, or simply enjoying a post workout? This smoothie bowl is a great option for any of above. It offers a variety of ingredients to help you through your day and health.

Maca powder is one of the main ingredients in this smoothie bowl making it a super food that helps enhance energy, mood and memory together with improving females sexual health, balances estrogen levels, boost male fertility, and is rich in antioxidants. A bowl suited to start your well being going.



- **Prep Time:** 10 minutes
- **Cook Time:** 5 minutes
- **Total Time:** 15 minutes
- **Serving:** 5

Ingredients

- 20g Oats
- 160z Almond milk
- 65g banana
- 32g Almond butter
- 15g Maca powder
- 20g Sfh Vanilla protein powder
- 50g Mango
- 60g Blueberries
- 10g Sliced almonds
- 15g Fruit and seed organic granola
- 5g Flaxseed
- 1 tbsp vanilla extract
- 1 cup of ice

Instructions

1. In a blender place all ingredients: Almond milk, oats, banana, almond butter, maca powder, protein powder, almonds and ice and blend altogether!
2. Once all ingredients are blended place in a bowl.
3. Add chopped mango and blueberry.
4. Sprinkle fruit and seed organic granola and flaxseeds.
5. & that's it guys! Enjoy, savor and share your dishes by tagging us on Instagram or Snapchat using #spinyourownaxis #kitchenitwithscar hashtags!

Nutrition Facts

- **Serving Size:** 1
- **Calories:** 511
- **Carbohydrates:** 66g
- **Sodium:** 9mg
- **Fat:** 17g
- **Sugar:** 22g
- **Protein:** 27g
- **Iron:** 8%
- **Fiber:** 14g