

# Chocolate Banana Avocado Smoothie Bowl (with Homemade Cashew Cream)

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## **Ingredients**

1 TBS Homemade cashew cream  
1/2 cup Full fat coconut milk  
1/4 of an Avocado peeled  
1 Frozen Banana  
1 TBS Cacao nibs  
1 tsp Cacao Powder  
2 tsp Maple Syrup  
1/2 tsp Vanilla  
Sprinkle of Himalayan Sea Salt

## **Directions**

Blend all ingredients together in your [Vitamix](#)  
Pour into a bowl and sprinkle with your favorite toppings

## **Topping Choices**

Flaxseed  
Unsweetened Coconut flakes  
Fresh or Frozen Berries  
Cacao Nibs  
Pecans or Walnuts  
Drizzle of Honey