



Sparkle Kitchen

Artistic Smoothie Bowls (makes 2 small smoothie bowls)

Ingredients

1 cup Greek yogurt

½ cup frozen berries (we used strawberries)

¼ cup milk

1 tablespoon honey

a few handfuls of granola, fruit, nuts, or edible flowers for decorating

Directions

In a tall, thin container, combine the Greek yogurt, frozen berries, milk, and honey. Use a stick blender to mix to smoothie consistency.

Carefully pour the smoothie mixture into a bowl, preferably one that's shallow and wide because it will give you a larger canvas. Use the other toppings to make beautiful or silly designs on top of the yogurt, then enjoy your artwork immediately!