



## RED VELVET SMOOTHIE BOWL



### INGREDIENTS:

- 1.5 Scoop Ravishing Red Velvet GLAM PRO
- 1/2-3/4 cup ice
- 1/2 cup water
- 1 tsp xanthan gum

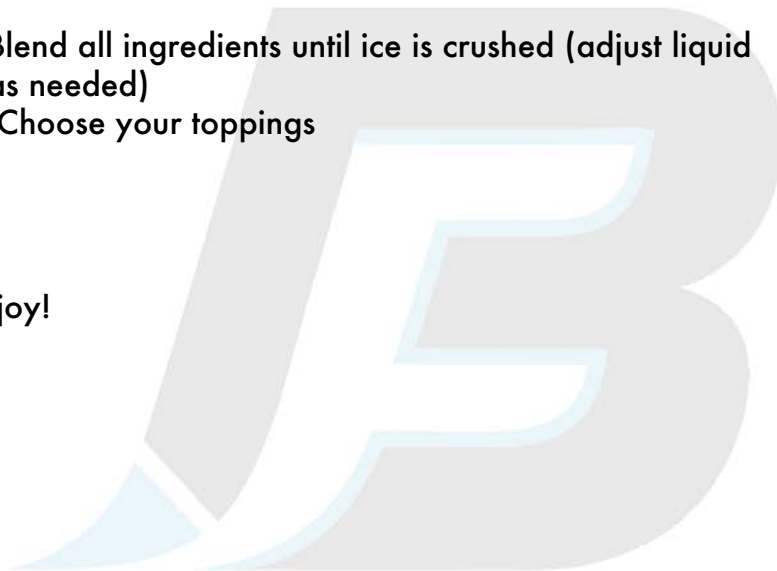
### Toppings

- 1/2 cup berries
- 1 Tbsp cacao nibs OR dark chocolate chips

### DIRECTIONS:

- 1) Blend all ingredients until ice is crushed (adjust liquid as needed)
- 2) Choose your toppings

Enjoy!



Makes 1 Smoothie Bowl

Calories: 202 | Protein: 22 gm | Carbs: 16 gm | Fat: 4 gm | Fiber 7 gm