Savory Smoothie Bowl

Ingredients

- 1 cup fresh or frozen blueberries
- 1/2 cup black beans
- 1/4 cup oats
- 1/4 cup salsa or fire roasted tomatoes
- 1/2 tablespoon cumin
- 1/2 tablespoon paprika
- 1/2 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 tablespoon nutritional yeast, optional
- Couple dashes of hot sauce depending on the amount of heat desired

Instructions

1. Blend all ingredients until smooth and creamy.

View the recipe video on YouTube here: https://www.youtube.com/watch?v=TP07wCh12UI