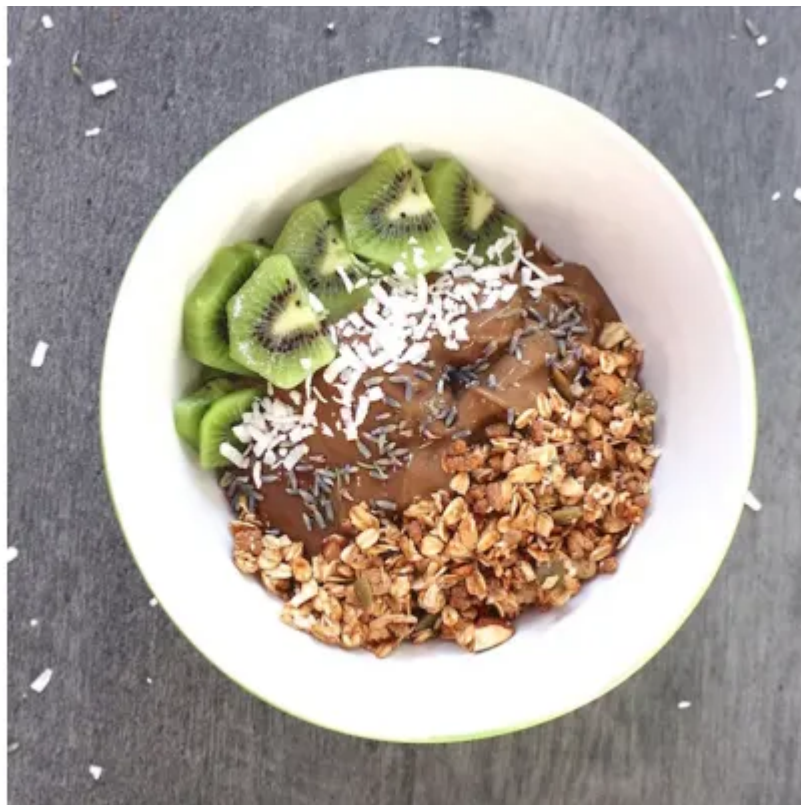


Chocolate and Lavender Breakfast Bowl



This recipe is a divine fusion of rich chocolate and fragrant lavender. Easy to prepare and bursting with flavors, this nourishing bowl will take you on a unique taste adventure from the moment you wake up. Try it now and let yourself be captivated by this harmonious combination.

Preparation 8 min

Cooking 0 min

Servings 2

Nutrition Facts (per serving)

Calories 320

Fat 15

Carbohydrates 41

Fibre 12

Protein 16

Ingredients

- 1 avocado
- 2 sliced frozen bananas
- 3 ml (½ tsp) of dried lavender
- 15 ml (1 tbsp) of cocoa powder
- 16 g (½ scoop) of protein powder (Vega or other)
- 65 ml (¼ cup) of plain Greek yogurt

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Preparation

1. Put all the ingredients in a blender and mix until smooth.
2. Add milk if necessary.
3. Garnish with your choice of topping (granola, chia seeds, almonds, unsweetened coconut, sliced kiwi, etc.)

Notes



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