

Minty spirulina bowls

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Sally O'Neil shares her yummy spirulina breakfast bowl recipe packed with antioxidants.

Ingredients (Serves 2)

- 4 frozen bananas
- ½ cup coconut water
- ¼ cup fresh mint leaves or 1 tsp peppermint essence
- 1 tsp spirulina powder

Toppings

- Coconut flakes
- Edible flowers
- Blueberries

Method

Add the banana, coconut water, mint and spirulina to a high-speed blender and blend until thick and smooth.

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Pour into coconut halves (or a bowl) and top with blueberries, coconut flakes and edible flowers. Enjoy!

NEXT: Treat yourself with these cheeky [peanut butter chocolate blondies](#). They're not only healthy but also made with the [superfood goodness from chickpeas](#)!

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