

Brambleberry Breakfast Bowl

(For you and someone you love)

16-ounce (approximately 2 cups) brambleberry puree*
2 medium bananas
1 cup blueberries
2 tablespoon honey (optional)
6 tablespoons Bob's Red Mill Honey Oat Granola (Gluten Free- or your favorite true gluten free granola brand)
4 tablespoons pomegranate seeds
2 tablespoon Gluten Free Cabernet Wine Flour

* How to puree:

Place blackberries in your food processor- process until pureed- thick and fluid- strain in a sieve and discard solids (optional)

Directions:

Blend the brambleberry puree with 1 tablespoon of pomegranate seeds, 1 of the bananas, 1/2 cup of the blueberries and the honey in the blender, stopping to stir and break up the mixture as needed, until it's the consistency of a thick smoothie; transfer to 2 cereal bowls.

Slice the remaining 1 banana. Arrange the slices, the remaining 1/2 cup blueberries, granola, 1 tablespoon pomegranate seeds in neat piles or rows on top of the blended ingredients. Then take a photo with your love!

Recipe is best when shared between two people.

Time: Approximately 15 minutes- Easy