

Prep Time: 5 mins | Cook Time: 0 mins | Total Time: 5 mins | Course: Breakfast

Recipe Ingredients

1 cup autumn butternut or coquina squash
2 bananas
½ cup mango (I used frozen)
½ cup almond milk
Small handful of blueberries
Small handful of blackberries (again, I used frozen here)
1 tbsp hemp seeds

You Will Need

Blender/Mixer
Small bowl
Sharp knife

Recipe Instructions

Place 1 banana into the blender together with the butternut squash, mango and **almond milk**. Blend until smooth and pour into a small bowl.

Top with the remaining **banana**, sliced then add the blackberries, blueberries and hemp seeds.