

Foremother Abigail's Figs Smoothie Bowl

Take yourself back to the time of forefather David back in **1 Samuel 25** before he was made King, when the land was rich in figs, raisins, parched corn, wine, flour and many more foods. This smoothie bowl was created with foremother Abigail in mind when she approached forefather King David with food and wine showing excellent hospitality, reverence, and honor to the King. Our foremother knew to attend to him with hands full and words of wisdom and upliftment.



This smoothie bowl is sweet and creamy, packed with protein, vitamins, antioxidants, phytonutrients, and minerals that the body craves.





INGREDIENTS**

1 banana
5 fresh figs
6 blueberries
300ml rude health almond milk or any milk of choice
Sun warrior Collagen Protein Peptides

GARNISH

Figs
Raisins
Desiccated Coconut
Blueberries

All ingredients to be organic**

METHOD

1. Wash all the fresh produce; if you have produce that is not organic including the banana, soak 5 minutes with water and a few drops of lemon essential oil or 15 minutes with baking soda. Be sure to peel the banana before soaking. This is to remove pesticide residue. Once washed pat dry.
2. In the blender, pour in 300 ml of the almond milk or milk of your choice, break your banana in three pieces, add in 5 figs cut in halves, lastly add in one scoop of the collagen protein peptides.
3. Blend until smooth, pour into your bowl. Chop or slice the remaining figs to your desired shapes or as shown in the picture. Sprinkle with desiccated coconut and enjoy!