

Ryno Bowl

Ryno doesn't measure anything, so the amounts below are just suggested for you to get the "jist" of how much to put into your bowl! Don't go too crazy with the sugary stuff or eat this too late at night...

- 1 cup Goat Yogurt
- 1/2 cup Acai Ice Cream
- 1/2 cup GF Granola
- 1 Banana, sliced
- 1/4 cup Strawberries, diced
- Handful of Walnuts, chopped

Mix all ingredients into bowl and enjoy! It's that simple!