

EASY

Smoothie Bowl

1 SERVINGS

PREP: 10 MINS

COOK: 0



INGREDIENTS

- 1 1/2 cups frozen mixed berries (or any frozen fruit)
- 1 banana (room temperature)
- 1/2 cup Greek yogurt
- 1/2 cup orange juice, plus more as needed.
- Optional: 1 scoop protein powder or 1 tbsp chia seeds

Toppings

- Fresh berries
- Sliced bananas or fruit
- Granola or nuts
- Coconut
- Almond butter
- Honey or maple syrup

DIRECTIONS

1. Place the bowl for the smoothie in the freezer, then prepare the toppings (this helps to slow the melting process).
2. Place the frozen fruit, banana, Greek yogurt and orange juice in a blender. Blend until thick and smooth, adding a splash more orange juice as necessary.
3. Pour into the bowl and quickly top with the toppings. Enjoy immediately.

SUBSTITUTIONS

- For vegan, omit the Greek yogurt and add more orange juice until the smoothie blends. Consider adding the optional protein powder or chia seeds.

NUTRITION

Serving Size (1 bowl): 426 calories, 8.5g fat (3.6g saturated fat), 77.7g carbohydrate (52.7g sugars, 8.6g dietary fiber), 16.6g protein.

