

Delicious Smoothie Bowl Recipes!

Raspberry Mango Smoothie Bowl

Just the tempting name is enough to make one drool, but the creamy, gorgeously pink concoction is a pretty sight to behold.

Serves 2

Ingredients

Smoothie

- 1 banana
- ½ mango, frozen
- ½ avocado
- 1 cup raspberries
- ¼ cup coconut milk
- ⅔ cup coconut water
- 3 teaspoons chia seeds
- 1 tablespoon honey
- 2 tablespoons oats
- 2 tablespoons ground flax seeds

Toppings

- 3-4 strawberries, sliced
- ¼ cup raspberries

Preparation

1. Toss all smoothie ingredients in to the blender, except chia and flax seeds, and mix on high until a smooth puree forms.
2. Top with seeds of your fancy and slices of raspberry and strawberry.

Nutrition facts per serving

Calories 382, carbs 69g, fats 12g, proteins 8g, sodium 29mg, sugars 44g.

Blueberry Cheesecake Smoothie Bowl

If you were to take a slice of your all-time favorite blueberry cheesecake and put it in the blender, it would taste exactly like this smoothie! Blueberries are the ultimate powerhouse when it comes to nutrients. They are packed with phytonutrients, antioxidants, vitamin C and K, and fiber, and we love to incorporate them in our breakfasts!

Serves 1

Ingredients

Smoothie

- 1 ½ cups blueberries
- 3 tablespoons honey
- ¼ cup cream cheese
- ½ cup milk
- Handful ice cubes

Toppings

- 2 graham crackers, crushed
- 6-7 fresh blueberries
- 2 tablespoons cacao nibs

Preparation

1. Crush two graham crackers in the food processor and set aside.
2. Toss all the smoothie ingredients into the blender and blend on high for 2-3 minutes, until a thick consistency is achieved.
3. Pour into a bowl and top with crushed graham crackers, blueberries, and cacao nibs.

Nutrition facts per serving

Calories 658, carbs 147g, fats 19g, proteins 11g, sodium 281mg, sugars 91g.

Vanilla Almond Smoothie Bowl

This smoothie is a delectable milkshake in disguise and one that you will absolutely love!

Serves 1

Ingredients

Smoothie

- 2 cups low fat milk
- 2 scoops natural vanilla protein powder
- 2 tablespoons toasted slivered almonds
- 1 banana
- 3-4 ice cubes

Toppings

- 1 banana, sliced
- 1 tablespoon almonds
- 1 tablespoon unsweetened coconut
- 1 tablespoon chia seeds

Preparation

1. Place all the smoothie ingredients in to the blender, and blend until a thick ice cream consistency is achieved.
2. Transfer to a bowl and garnish creatively with the toppings.
3. Serve chilled.

Nutrition facts per serving

Calories 833, carbs 100g, fats 22g, proteins 68g,
sodium 486mg, sugars 72g

Chocolate Peanut Butter Smoothie Bowl

This thick delectable chocolate smoothie bowl would make a drool-worthy breakfast for the entire family. There are a plethora of toppings which can be thrown in to impart a crunchy freshness to the scrumptious bowl, such as fresh fruits, dried fruits, nuts, seeds, chocolate, or peanut butter.

Serves 2

Ingredients

Smoothie

- 8 pitted dates
- ½ cup rice milk
- 4 medium bananas (It's good to freeze them beforehand)
- 8 tablespoons unsweetened cocoa powder or carob powder
- 2 tablespoons crunchy organic peanut butter

Toppings

- 1 banana, sliced
- 1 tablespoon shredded coconut
- 1 tablespoon chocolate chips
- 1 tablespoon crushed peanuts
- 1 tablespoon sesame seeds

Preparation

1. Blend all the smoothie ingredients together until a smooth consistency is reached. If your blender is not powerful enough, you can avoid freezing the bananas, or chop them into small chunks before putting in.
2. Add heaps of your favorite toppings and dive in! Making breakfast has never been so easy.

Nutrition Facts per serving

Calories 829, carbs 177g, fats 21g, proteins 16g,
sodium 92 mg, sugars 112g

Super Green Smoothie Bowl

People might expect that smoothie bowls made with veggies taste would like freshly mowed lawns, but in fact the delectable ingredients incorporated in this smoothie mask the underlying veggie flavor so much, you wouldn't even know what you were downing, if not for the vibrant color. The recipe has been tweaked with the detoxifying goodness of chlorella, a micro-algae that supercharges the status of this smoothie to sky levels! Chlorella is also rich in chlorophyll and is a powerful supplement known to help strengthen the immune system.

Serves 2

Ingredients

Smoothie

- ½ cup unsweetened coconut milk
- 2 tablespoons chia seeds
- ½ small avocado
- 2 cups frozen peaches
- 1 ripe banana
- Fresh ginger, 1" piece
- 2 pitted dates
- 1 cup spinach
- 1 teaspoon chlorella

Toppings

- 1 tablespoon coconut flakes
- 1 pinch cinnamon
- 1 banana, sliced
- 1 tablespoon cacao nibs
- 2 tablespoons blueberries and raspberries
- 1 tablespoon hemp seeds

Preparation

1. Blend all smoothie ingredients at high speed until smooth.
2. Transfer to a bowl and top with unsweetened coconut flakes, cinnamon, banana slices, cacao nibs, blueberries, raspberries and hemp seeds!

Nutrition facts per serving

Calories 397, carbs 41g, fats 27g, proteins 7g, sodium 24mg, sugars 23g.

***These recipes and more can be found in Sarah Spencer's *Smoothie Bowls: Healthy Breakfast Bowl Recipes*. To get a copy of this book, click on the cover or [here](#).

