Enchanted Smoothie Bowl

Source: Dr. Neal Barnard’s Cookbook for Reversing Diabetes by Neal Barnard, MD; recipe by Dreena Burton

Start your morning with this enchanting deep purple, nutrient-rich smoothie bowl!

About the Recipe

275 Calories · 5 g Protein · 15 g Fiber
Breakfast · Snack · Smoothie
Gluten-free · Nut-free

Ingredients

Makes 3 Servings

- 1 1/2 c (222 g) frozen blueberries
- 1 c (150 g) frozen raspberries
- 2 overripe bananas, sliced, frozen or room temperature
- 2 c (60 g) baby spinach leaves
- 1 tbsp (15 mL) orange juice
- 3 tbsp (47 g) vegan vanilla protein powder **optional*
- 1 1/6 c (275 mL) water or nondairy milk (for a creamy texture)
- 1/2 c (75 g) seasonal fruit, such as sliced kiwi, sliced strawberries, chopped pear, or clementine segments
- chia seeds **optional*
- coconut flakes **optional*

Directions

1. In a blender, combine the blueberries, raspberries, 1 banana, spinach, juice, protein powder (if using), and 1 c (240 mL) of the water or milk, and puree.

2. Add the remaining water or milk, 1 tbsp (15 mL) at a time if needed to thin, but only add as much as is needed to be able to blend so that the mixture stays very thick.
3. Divide among 3 bowls and top with the remaining banana, strawberries, or any seasonal fruit, and, if using, coconut flakes and chia seeds.

Nutrition Facts

Per serving (1/3 of recipe)

Calories: 156 kcal
Fat: 2 g
    Saturated Fat: <0.5 g
    Calories From Fat: 9%
Cholesterol: 0 mg
Protein: 3 g
Carbohydrates: 28 g
Sugar: 22 g
Fiber: 9 g
Sodium: 25 mg
Calcium: 59 mg
Iron: 1.6 mg
Vitamin C: 45 mg
Beta-Carotene: 1212 mcg
Vitamin E: 1.7 mg