

# 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
- 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
- coconut flakes

## 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.&nbsp;

## **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