

# Glow Bowl Morning Smoothie

Source: Dustin Harder @theveganroadie

## About the Recipe

**344 Calories • 7 Protein • 14 Fiber**  
**Breakfast**

## Ingredients

***Makes 1 Servings***

- 1 cup (26 g) chopped kale
- 1 cup (50 g) baby spinach
- 1/2 cup (75 g) chopped cucumber
- 1 apple, cored and chopped
- 1 tablespoon (11 g) chia seeds
- 1 frozen banana
- Juice of 1 orange
- 1/4 cup (59 mL) unsweetened plain oat milk
- 1/4 cup (33 g) raspberries
- 1/4 cup (38 g) blueberries
- Hemp seeds
- Fresh mint

## Directions

1. Add the kale, spinach, cucumber, apple, chia seeds, banana, orange juice, and milk to a blender. Blend until smooth and creamy. The smoothie should be thick; use a plunger in the blender to get everything moving and blended to a creamy consistency. If you don't have the option of a plunger, add 1 tablespoon of water at a time as needed.
2. Transfer to a bowl and top with raspberries, blueberries, hemp seeds, and a sprig or two of mint, if using.

# Nutrition Facts

*Per Serving:*

**Calories:** 344

**Total Fat:** 5 g

**Saturated Fat:** 1 g

**% Calories From Fat:** 12%

**Cholesterol:** 0 mg

**Protein:** 7 g

**Carbohydrate:** 76 g

**Sugar:** 42 g

**Fiber:** 14 g

**Sodium:** 69 mg

**Calcium:** 259 mg

**Iron:** 4 mg

**Vitamin C:** 92 mg

**Beta-Carotene:** 2,434 mcg

**Vitamin E:** 1 mg