

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 **optional*
- 1/4 cup (38 g) blueberries **optional*
- Hemp seeds **optional*
- Fresh mint **optional*

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