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