



Fresh Start Smoothie Bowl

Servings: 1

What you'll need



measuring spoons



measuring cups



blender

Ingredients

1 cup dark leafy greens of your choice

½ cup non-dairy milk, your choice

¼ cup cold water, more to thin as needed

1 banana, peeled and frozen

1 large zucchini, cut into 2 inch chunks, frozen

2 Tbsp chia seeds

2 Tbsp nut butter of choice

1 tsp spirulina powder

½ tsp cinnamon

Toppings of choice - we love goji berries, cacao nibs and flaked coconut

Directions

1. Blend greens (1 cup), milk (½ cup), and water (¼ cup) until well blended.
2. Add the banana, zucchini, chia seeds (2 Tbsp), nut butter (2 Tbsp), spirulina (1 tsp) and cinnamon (½ tsp) and blend until smooth. Add additional water if needed to thin, though you'll enjoy the smoothie bowl a bit on the thicker side!
3. If using protein powder or seed mix, add at the very end and blend for a few seconds.
4. Pour into a bowl and sprinkle with your favorite toppings. Alternatively, you can have this as a good ol' fashioned smoothie!



Nutrition Facts

Servings 1

Amount Per Serving

Calories **519**

% Daily Value

Total Fat 28.5g **37%**

Saturated Fat 2.7g **14%**

Cholesterol 0mg **0%**

Sodium 156mg **7%**

Total Carbohydrate 58.4g **21%**

Dietary Fiber 19.2g **68%**

Sugars 24.6g

Protein 18.8g

Vitamin D 50mcg **250%**

Calcium 260mg **20%**

Iron 11mg **60%**

Potassium 1893mg **40%**



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