

The Smoothie Bowl Slow Down

Ditch the Straw, Grab a Spoon!



Slow Down!

It's interesting how food trends tend to reflect our lifestyles. A smoothie, a fast liquid meal, can allow for plenty of opportunity to continue on with the days' demands while supplying your body with ample nutrition in just a few gulps! A smoothie bowl satisfies the need for a real meal with layers of flavour, texture

and colour. Topping it with some crunchy nuts and seeds and whole fruits, will slow you down and help you to feel full and fueled by adding plenty of protein, fibre, and good fats! Plus, you enjoy it with a spoon, not a straw, taking the time to enjoy every bite.

How to Make a Smoothie Bowl

Sweet or savoury, smoothie bowls can make a great meal! They may look complex but their formula is a simple one. Make a basic thick smoothie, pour it into a bowl, and top it with additional ingredients. The humble smoothie now becomes a power packed superfood smoothie bowl that can make a great substitute for your boring morning cereal, a seasonal swap for a hot soup at lunch, or an easily prepared dinner on a hectic weeknight that the whole family will love.



BASE

- Coconut Water
- Milk or Non- Dairy Alternative
- Herbal Tea
- Protein powder, yogourt, tofu, cottage cheese, nut butter



VEGETABLES

- Greens: kale, spinach, chard
- Herbs : cilantro, basil, parsley
- Carrots
- Sweet Potato
- Broccoli
- Cauliflower
- Cucumber



FRUITS

- Berries
- Apples
- Bananas
- Mango
- Pineapple
- Avocado
- Pomegranate
- Cherries
- Citrus
- Melons
- Kiwi
- Acai



TOPPINGS AND FLAVOURS

- Nuts & Seeds: Flax, chia, hemp, almond, cashew, pecan, pistachio...etc.
- Sliced fruits, grated vegetables
- Honey, cinnamon, maple syrup, coconut, granola, dried fruit, matcha, nutmeg, cocoa...etc.

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Did You Know?

A smoothie bowl is a great source of protein, fibre, and essential fats. This macronutrient combination has been shown to help to stabilize your blood sugar, keep you satiated, create sustainable energy, balance your moods, decrease cravings, and promote weight loss. Making a smoothie bowl part of your daily routine is a delicious and smart choice for healthy living.

Recipes

The Energy Booster Bowl

1 cup unsweetened almond milk
1 banana, peeled
1/4 teaspoon ginger
2 cups baby spinach

Blend

Toppings:

Handful of hemp seeds
1 tbsp cacao nibs
1 tbsp shaved or shredded coconut (unsweetened)
1 tbsp goji berries
1 tbsp chia seeds
1 tbsp chopped or sliced almonds

Nutrition Information: Calories: 385 | Protein: 12g | Carbs: 48g | Fiber: 15.7g | Calcium: 31% RDA | Iron: 6.4mg | Vitamin A: 352% | Vitamin C: 41% RDA

www.davyandtracy.com



Very Berry Antioxidant Bowl

1 banana, peeled
1/4 cup raspberries
1/4 cup cherries, pitted
1 scoop protein powder
6 ounces unsweetened almond milk

Blend

Toppings

5 almonds, chopped
6 pistachios, chopped
1 tablespoon shaved coconut
1/4 cup blueberries

Nutrition Information: Calories: 330 | Protein: 17g | Carbs: 46g | Fiber: 8.3g | Calcium: 3% | Iron: 3.2mg | Vitamin A: 6% | Vitamin C: 33%

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The Sweet & Savory Bowl

1 cup, cooked and cooled sweet potato
1/2 cup unsweetened cashew milk
2 pitted dates
2 tbsp raw almond butter
1/4 vanilla extract
1/4 tsp cinnamon
1/8 tsp nutmeg
1 cup ice cubes

Blend

Toppings:

1 tbsp hemp seeds
1/2 tbsp chia seeds
Pinch of cinnamon
1/4 cup chopped pecans

Nutrition Information: Calories: 630 | Protein: 14g | Carbs: 97g | Fiber: 11g

www.eatingbyelaine.com



Cucumber & Avocado Bowl

1 Granny Smith apple coarsely chopped
1 mini cucumbers, sliced
2/3 cup chopped fennel
1 avocado, pitted
2 tsp minced fresh ginger
1/2 cup ice
1/2 cup cold water

Blend

Toppings:

1/2 mini cucumber sliced
1/4 cup toasted pepitas, for serving
Dash of coarse sea salt

Nutrition Information: Calories: 622 | Protein: 11g | Carbs: 53g | Fiber: 25g | Magnesium: 62% RDA | Vitamin A: 45% | Vitamin C: 37%

www.marthastewart.com



Sources:

<http://www.thegantzery.com/blog/2016/9/15/blueberry-smoothie-bowl>

<https://www.hsph.harvard.edu/nutritionsource>