



Smoothie Bowl

Servings 1 | Prep time 10 mins. | Total time 10 mins.

Equipment: Cutting board, measuring cups, blender, bowl
Utensils: Knife

Ingredients

½ cup milk or low-fat yogurt
1 cup frozen fruit
1 frozen banana
1 cup fresh kale or spinach (optional)
1 cup ice
Toppings: sliced fresh fruit, nuts, granola, shredded unsweetened coconut

Additional flavor combinations:

Tropical: orange juice instead of milk/yogurt, fruit: mango, pineapple, peaches

Peanut butter chocolate: use 2 bananas instead of one, add 1 tablespoon cocoa powder and 2 tablespoons peanut butter

Mixed berry: use frozen strawberries, blueberries, raspberries

Instructions

1. Before you begin, wash your hands, surfaces, fresh fruit (if using), and utensils.
2. Combine all ingredients except toppings in the pitcher of blender. Blend on low speed until combined, mixture will be thick. If needed, stop blending, remove blender pitcher from the base, and stir carefully to redistribute ingredients.
3. Transfer smoothie mix to a bowl and sprinkle with toppings.

Nutritional Information:

Calories 170
Total Fat 2.5g
Sodium 100mg
Total Carbs 32g
Protein 8g