

Very Berry Smoothie Bowl

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Serving Information:

Serves: 1 person
Serving size: 1 large bowl
Prep Time: 5 minutes

Nutrition Information:

Per one serving size: 1 large bowl
Calories: 390 ~ Carbohydrate: 49
Fat: 20 g ~ Saturated Fat: 2.4 g
Protein: 11 g ~ Sodium: 23 mg

Smoothie Bowl Ingredients:

1 cup frozen berries (variety of raspberries, blackberries, strawberries, and blueberries)
1 small banana, ripe
1/3 cup milk of your choice (regular, soy, almond, oat)
1 Tbsp. ground flaxseed

Toppings:

¼ cup berries of your choice, sliced
1 Tbsp. chia seeds
1 Tbsp. cocoa nibs or Nutella of your choice

Preparation:

1. Blend smoothie bowl ingredients in a blender until smooth.
2. Pour smoothie contents into a bowl and top with your choice of toppings.
3. Enjoy!

This very berry smoothie bowl is the perfect start to your day, or as a post-work out meal! The combination of berries, chia seeds, and flaxseeds provide a great balance between healthy fats, antioxidants, and a variety of essential vitamins, minerals and other beneficial cancer-fighting antioxidants and phytochemicals.

