



**Makes 3 cups smoothie +
toppers**
Preparation Time: 10 minutes

INGREDIENTS:

½ to ¾ cup unsweetened,
unflavored plant milk, such as
almond, soy, cashew, or rice

1 tablespoon pure maple syrup

1 cup fresh spinach

1½ cups frozen blueberries

2 bananas, peeled, sliced, and
frozen

½ cup fresh blueberries

1 kiwifruit, peeled and sliced

2 tablespoons chopped toasted
walnuts

1 tablespoon bran flakes

1 tablespoon unsweetened
coconut flakes, toasted

2 teaspoons chia seeds

Berry-Banana Smoothie Bowls

Power your way through busy mornings with these vibrant, nutrient-rich smoothie bowls. Pro tip: Whenever you have ripe bananas, peel, slice, and freeze them in a single layer in a resealable plastic bag. They'll be ready when you want to make these spoonable smoothies.

By Shelli McConnell

- 1 In a blender place ½ cup milk, the maple syrup, spinach, frozen blueberries, and bananas in order given. Cover and blend until smooth, adding more milk if needed to reach desired consistency. Pour into serving bowls. Top with remaining ingredients.