



Makes 4 smoothie bowls
Preparation Time: 15 minutes

INGREDIENTS:

- 4 bananas, sliced and frozen
- 8 oz. orange juice (1 cup)
- 10 oz. frozen mango (2 cups)
- 1 teaspoon ground turmeric
- 9 oz. fresh or thawed frozen blueberries (2 cups)
- 2 kiwis, peeled and sliced
- 1 cup rolled oats
- 1½ tablespoons chia seeds

Mango Smoothie Bowl

These fruity mango smoothie bowls are fortified with oats and [chia seeds](#) and are excellent for breakfast or as an energizing snack. Frozen bananas and mango create a smooth and creamy base, orange juice offers a subtle citrus background, and [turmeric](#) deepens the yellow hue. Top with fresh blueberries and sliced kiwi for extra juicy goodness. Feel free to get creative with your toppings; for instance, you could use any combination of other berries or fresh fruit, pumpkin seeds, slivered almonds, cacao nibs and so on. Store any leftover smoothie in an airtight container in the refrigerator for up to one day.

Tips: To freeze bananas, line a baking sheet with parchment paper. Freeze sliced bananas on prepared baking sheet for at least 2 hours.

This recipe can be made gluten-free, if you use certified gluten-free rolled oats.

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- [Pineapple Ginger Smoothie](#)
- [Berry-Banana Smoothie Bowls](#)
- [Ultimate Earth Day Smoothie](#)
- [Manna Quinoa Breakfast Bowl](#)

By Nancy Macklin, RDN

- 1** In a high-powered blender (or food processor), combine orange juice, frozen bananas, frozen mango, and turmeric. Process until smooth. Pour into bowls.
- 2** Fill each bowl with blueberries, kiwi, oats, and chia seeds.