

10 EPIC

# Smoothie Bowls

TO JUMPSTART YOUR  
MORNINGS



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## INTRODUCTION

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Every fitness freak out there, turn on your blenders.

This delicious new trend popping up all over Instagram and Facebook news feeds. These “smoothie bowls” offer the best of both worlds with the convenience, taste, and texture of a smoothie while filling the stomach when compared to common beverages.

Not only does the smoothie provide convenience, it is undoubtedly a healthy replacement to a regular meal. Beyond that, making a smoothie bowl is as easy as turning on the blender.

Mold your meal into a piece of art by pouring the thick creamy smoothie into your favorite bowl and lavish it with inspiring topping. Your bowl is loaded with nutrients when the right ingredients are chosen. Smoothie bowls are like soft ice cream sundaes. However, they give you full nutrition and an everyday treat without the guilt of gaining pounds. With an enormous amount of flavor possibilities, smoothie bowls can be your favorite breakfast choice or even snacks.



## How to Make Your Own Smoothie Bowl?

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- Add liquid ingredients like water, milk, yogurt, or fruit juice into a blender.
- Add any frozen ingredient like ice, juice, or frozen fruit.
- Add fresh ingredients like fruit or vegetables.
- Blend until smooth.
- Scoop into a bowl.
- Lastly, add your favorite toppings.

### Benefits of Smoothie Bowls

A smoothie bowl provides you all the basic nutrients that are required to start a good day. A balanced one consists of greens, fruits, proteins and healthy fats. Being rich in fiber and vitamins, a smoothie bowl is not only easy to make but it also gives the important nutrients needed by the body, which are often missed when skipping breakfast. It keeps your stomach filled for a long time.

Being creamy, cold and thick enough to eat with a spoon, smoothie bowls are competing with ice creams today. With a blender and a few minutes, you can create a bowl full of nutrients and health. Smoothie bowls have a ton of varieties and several different recipes. Below are 10 delicious smoothie bowls recipes to jump start your morning, all being dairy and gluten free.

# *Simple Berry Smoothie Bowl*



## *Smoothie:*

- 2 frozen bananas
- 1 cup mixed berries
- 2 tablespoons almond butter
- 2 tablespoons ground flax seeds
- 1 cup non-dairy milk

## *Toppings:*

- 2 tablespoons coconut butter
- ½ cup mixed berries
- ½ cup granola
- 2 tablespoons cacao nibs

## *How to make:*

Blend all the ingredients together until a smooth mixture is prepared and transfer it into a bowl.

Spread coconut butter over the smoothie and top it with berries, granola and coconut nibs.

Eat with a spoon!

*Add your own recipe notes for customization:*

# *Dairy Free Berry Smoothie Bowl*



## *Smoothie:*

- 1 cup canned coconut milk
- 1/2 of a soft avocado
- 1/2 soft pitted Medjool date
- 5 drops vanilla liquid Stevia
- Pinch of sea salt
- 1 tablespoon cocoa powder
- 2 tablespoons collagen protein
- 1/4 teaspoon pumpkin pie spice (optional)
- 8 ice cubes

## *Toppings:*

- Strawberries
- Blueberries
- Toasted coconut

## *How to make:*

Blend all the ingredients until smooth.

Transfer the smoothie into a bowl and top with strawberries, blueberries and toasted coconut.

Eat with a spoon!

*Add your own recipe notes for customization:*



# *Dragon Fruit (Pitaya) Smoothie Bowl*

## *Smoothie:*

- Two 3½-ounce packets dragon fruit (pitaya) puree
- ½ cup raw coconut water
- 1 date, pitted
- 1 tablespoon goji berries
- 1 teaspoon maca powder

## *Toppings:*

- Goji berries
- 1 banana, sliced
- ¼ cup blueberries
- 2 tablespoons hemp seed hearts (or chopped almonds)
- ¾ teaspoon chia seeds
- 1 teaspoon honey

## *How to make:*

Add dragon fruit puree, coconut water, date, goji berries and maca powder to high-speed blender and blend until smooth.

Scoop the smoothie into a bowl and top with a few goji berries, banana slices, blueberries, hemp seeds and chia seeds. Drizzle with honey and serve.

Eat with a spoon!

*Add your own recipe notes for customization:*

# Crunchy Berry Smoothie Bowl



## *Smoothie:*

- 1 cup chopped kale (or baby spinach)
- 1 Tablespoon chia seeds
- 1 cup unsweetened almond milk
- 1-½ cup mixed berries, frozen
- ½ banana, peeled and frozen
- 1 teaspoon light agave (or honey)

## *Toppings:*

- ¼ cups blueberries, fresh
- 1 teaspoon chia seeds
- 2 tablespoons almonds, chopped
- 2 tablespoons toasted coconut shavings
- ¼ cups granola
- ½ banana, sliced
- 3 whole strawberries, sliced

## *How to make:*

Blend the kale, chia seeds, and milk in a high-speed blender until smooth.

Add mixed berries, banana and blend until smooth.

Pour smoothie into a bowl and garnish with the toppings.

Eat with a spoon!

*Add your own recipe notes for customization:*



# *Nutty Cacao Smoothie Bowl*



## *Smoothie:*

- 2 bananas, frozen
- ¼ cup hazelnuts, soaked 30 minutes
- 2 tablespoon hemp protein
- 2 tablespoon cacao powder
- ¾ cup almond milk
- 3-4 large Medjool dates, pitted

## *Toppings:*

- 1 banana, small
- 2 tablespoons hazelnuts, chopped
- 1 tablespoon cacao nibs
- 1 tablespoon hemp seeds

## *How to make:*

Blend all the ingredients in high speed blender until smooth.

Scoop the smoothie into a bowl.

Top with banana, hazelnuts, cacao nibs and hemp seeds.

Eat with a spoon!

*Add your own recipe notes for customization:*

# *Almond Butter Acai Bowl*



## *Smoothie:*

- 1½ bananas, frozen
- ½ cup strawberries, frozen
- ½ cup blueberries, frozen
- 1-3 ½ ounce packet acai berry puree, unsweetened and frozen
- 2 heaping tablespoons almond butter
- ¼ cup almond milk

## *Toppings:*

- mixed berries
- granola
- almond butter

## *How to make:*

In a blender, add the bananas, berries, acai berry packet, almond butter, and almond milk into high-speed blender and blend until smooth.

Scoop into a bowl and top with berries, granola, and a drizzle of almond butter.

Eat with a spoon!

*Add your own recipe notes for customization:*



# Avocado Smoothie Drizzled with Cashew Cream

## *Smoothie:*

- 1/4 cup avocado mashed
- 1/4 cup dairy free vanilla yogurt
- 3/4 cup vanilla almond milk, unsweetened
- 2 tablespoons vanilla protein powder
- 1/2 banana, frozen and chopped
- 1/4 cup kale, firmly packed

## *Toppings:*

- cashews
- coconut flakes
- pomegranate seeds

## *Cashew cream:*

- 1/2 cup cashews
- 6 tablespoon coconut milk, light
- Pinch sea salt

## *How to make Cashew Cream:*

- Preheat the oven to 400 degrees and place the cashews on the baking sheet.
- Toast in the oven until golden brown for about five to 10 minutes. Set aside to cool.
- Once the cashews are cooled. Refrigerate for eight hours.
- Add cashews to a blender with the coconut milk and a pinch of sea salt. Blend until smooth and set aside for garnish.

## *How to make:*

- Add remaining ingredients to a high-speed blender and blend until a smooth and thick mixture forms.
- Scoop the smoothie into bowls and drizzle 1/2 of cashew cream to top of each.
- Garnish with additional cashews, coconut flakes and pomegranate seeds.
- Eat with a spoon!

*Add your own recipe notes for customization:*

# Spicy Carrot Cake Smoothie



## *Smoothie:*

- ¼ cup carrot, diced
- ½ cup pineapple, frozen
- ½ cup peaches, frozen
- 1 heaping tablespoon raw hemp seeds
- 1 scoop vanilla protein powder
- 2 pitted dates
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon ginger
- 1 cup almond milk, unsweetened

## *Toppings:*

- 1 tablespoon coconut, unsweetened and shredded
- ½ tablespoon hemp seeds
- ½ tablespoon raisins
- 1 tablespoon carrot, shredded
- a few chunks of pineapple

## *How to make:*

Add all smoothie ingredients to a high-speed blender and blend until smooth, will be thick.

Scoop into a bowl and top it with the toppings.

Eat with a spoon!

*Add your own recipe notes for customization:*



# *Blissful Blueberry Bowl*

## *Smoothie:*

- 2 cups blueberries
- 1 cup almond milk, unsweetened
- 1 ½ cups oats, soaked overnight
- 1 banana
- maple syrup or raw honey, to taste

## *Toppings:*

- blueberries
- banana, sliced
- almonds, flaked
- hemp seeds
- chia seeds

## *How to make:*

Add all smoothie ingredients to a high-speed blender and blend until smooth, will be thick.

Scoop into a bowl and sprinkle toppings on top

Eat with a spoon!

*Add your own recipe notes for customization:*



# *Super Smoothie Bowl*

## *Smoothie:*

- 1 banana, sliced and frozen
- ½ avocado
- ½ cup blueberries, frozen
- 1/3 cup almond milk
- 1-2 handfuls spinach
- 1-2 handfuls kale

## *Toppings:*

- granola
- Goji berries
- Cacao nibs
- bee pollen
- almond butter, drizzled
- Tahini, drizzled
- Banana, sliced
- frozen fruit
- chia seeds
- mixed seeds

## *How to make:*

Add all smoothie ingredients to a high-speed blender and blend until smooth.

Scoop into a bowl and add your favorite toppings.

Eat with a spoon!

*Add your own recipe notes for customization:*