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More than just a Smoothie....

Many of us enjoy a smoothie, but sometimes your body wants more than just a drink for a meal.

How about something that's as healthy and tasty as a smoothie, but with a little more substance?

Look no further than these recipes for ***Smoothie Bowls***.

How do smoothie bowls and smoothies differ? Simple – you eat them, rather than drinking them! They are a great alternative to regular smoothies because you can add crunch or chewie toppings without worrying about getting them up the straw!

For those of us in larger city centers, smoothie bowls can be found at vendors like Jugo Juice, Booster Juice, and Body Energy Club. They are yummy and filling, but also fairly expensive. So, I searched online for easy and delicious-sounding smoothie bowls you could make at home.

Organized folks may prepare some or all of the smoothie ingredients in the evening, and then add the toppings in the morning. Some, like me, may consider this a really nice weekend morning treat!

Below are 3 recipes I found from the article [11 Breakfast Smoothie Bowls that Will Make You Feel Amazing](#).

Not only are there great recipes here but this article also gives ideas on how to mix and match your own with an inventory of ingredients!

[Click here](#) for vegan options.

Pineapple, Banana, and Peach Smoothie Bowl

Serves 1

Recipe by Lindsay Hunt

INGREDIENTS

1 cup frozen pineapple

1 banana

¼ cup coconut water

1 tbsp. honey, plus additional for serving

¼ peach, thinly sliced

½ cup blackberries

2 tbsp. sunflower seeds

¼ cup puffed rice cereal, such as Rice Krispies

PREPARATION

Blend the pineapple, banana, coconut water, and 1 tablespoon of the honey until smooth. Transfer to a bowl and top with the peach, blackberries, sunflower seeds, rice cereal, and a drizzle of honey.

Almond Butter and Raspberry Smoothie Bowl

Serves 1

Recipe by Lindsay Hunt

INGREDIENTS

1 large banana

1 ½ cups raspberries

½ cup soy milk

½ cup ice

2 Tbsp. almond butter

1 Tbsp. honey, plus additional for drizzling

5 strawberries, sliced

¼ cup granola

2 Tbsp. shredded coconut

PREPARATION

Blend the banana, 1 cup of the raspberries, soy milk, ice, almond butter, and 1 tablespoon of the honey until smooth. Transfer to a bowl and top with the strawberries, granola, coconut, remaining ½ cup raspberries, and a drizzle of honey.

Carrot Cake Smoothie Bowl

Serves 1

Recipe by Lindsay Hunt

INGREDIENTS

1 large banana
½ cup carrot juice
½ cup ice
4 medjool dates, pitted and torn
¼ tsp pure vanilla extract
¼ tsp ground cinnamon, plus additional for dusting
¼ cup walnuts
2 tbsp. shredded coconut

PREPARATION

Blend the banana, carrot juice, ice, two of the dates, vanilla, and cinnamon until smooth. Transfer to a bowl and top with the walnuts, coconut, remaining two dates, and a dusting of cinnamon.

Whether you are a regular when it comes to smoothies or are looking for a new healthy meal idea, may you find one or a few smoothie bowl combinations that you can really dig your spoon into!

Do you have a favourite smoothie or smoothie bowl recipe? Share it on Twitter and tag @bcpvpa #ReFresh!



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If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.