



Nancy Leeds Gribble

*Enhancing Healthy Living*

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# 10 *Epic* SMOOTHIE BOWLS

## TO JUMPSTART YOUR MORNING

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# Introduction

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.

## Why Breakfast is Important

Do you know that breakfast is the most important meal of the day?

All of us are familiar with the habit of skipping breakfast with a lot of excuses like being late or thinking that skipping it might make us lose some extra pounds.

Many of us must have heard the adage, “Eat breakfast like a king, lunch like a prince and dinner like a beggar.” There is no doubt that this old wisdom holds truth, which is proven by scientists today. Eating like a king doesn’t really mean a table lavished with several mouthwatering food items, but consuming a healthy dish will certainly make a difference.

Breakfast in literal terms means to “break the fast.” The body consumes a lot of energy from dinner while we are sleeping, and waking up in the morning with a famished stomach requires something to be consumed. It provides a fuel to the brain and the body after an overnight fast. However, a cup of coffee is not sufficient at all.

As advised by the nutritionists, a healthy breakfast should be eaten within two hours of waking up, and it should supply 20 to 35 percent of your guideline daily allowance (GDA) of calories.

The National Health Service states that “Eating breakfast has long term health benefits. It can reduce obesity, high blood pressure, heart diseases and diabetes.”

There are several important health benefits provided by a healthy breakfast that last the entire day.

## Increased Energy Level

A period of fast that is approximately 10 to 12 hours from dinner to the breakfast leaves the body’s energy level inadequate. Breaking the overnight fast is a chance for the body to replenish the blood glucose level. A good glucose level supplies fuel to the brain and the body to fight fatigue and function properly throughout the day.

## Intake of Essential Vitamins and Minerals

A healthy breakfast gives your body an opportunity to consume essential vitamins and minerals that are required for the proper growth and maintenance of the body, strength of bones and immune system, and proper carbohydrate and protein metabolism. Those with the habit of having a good breakfast are more likely to not eat excess fats. They also have a lower cholesterol level, which will certainly prevent heart diseases in long term.

## Improved Concentration

Having a healthy breakfast helps keep the body alert and productive throughout the day. Making you physically active, a breakfast will increase your focus, either at work or school. It improves concentration, coordination, creativity and problem-solving skills.

# Maintains a Healthy Weight

A common misconception in people includes the loss weight by skipping breakfasts. However, it might result in making you eat snacks all day long, a heavy lunch and even a bad mood that will certainly be unpleasant for your personality. By boosting the metabolism, a breakfast prevents you from eating during the day, stabilizes the blood sugar level and curbs your craving. Moreover, adding fiber in the breakfast will keep your stomach filled for longer, preventing you from consuming extra calories during the day.

# It's a Foundation of a Healthy Diet

Those who prefer healthy breakfasts are more likely to have a healthy diet overall. Skipping your breakfast deprives the body of essential nutrients. Eating breakfast provides you with essential nutrients including calcium, vitamin C and D, iron, and fiber since most breakfasts consist of vegetable, fruits, and milk. Not having a proper breakfast might result in insufficient intake of minerals as required by the body.

It is important to establish a good habit of breakfast from a young age so your child maintains it throughout adolescence.

There is no doubt breakfast is the most important meal of the day.

# How to Make Your Own Smoothie Bowl

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.

# 10 Smoothie Bowl Recipes

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 peanut butter
- 2 tablespoons ground flax seeds
- 1 cup non-dairy milk

### Topping:

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

### Instructions:

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!



# 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

## Topping:

- Strawberries
- Blueberries
- Toasted coconut

## Instructions:

Blend all the ingredients until smooth.

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



# 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

## Topping:

Goji berries

1 banana, sliced

¼ cup blueberries

2 tablespoons hemp seed hearts (or chopped almonds)

¾ teaspoon chia seeds

1 teaspoon honey

## Instructions:

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.

# 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)

## Topping:

- 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

## Instructions:

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.

# NuttyCacaSmoothie 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

## Topping:

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

## Instructions:

- 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.

# 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

## Topping:

mixed berries

granola

almond butter

## Instructions:

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.



# Avocado Smoothie Drizzled with Cashew Cream

## Cashew cream:

1/2 cup cashews

6 tablespoon coconut milk, light

Pinch sea salt

## 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

## Topping:

cashews

coconut flakes

pomegranate seeds

## Cashew Cream Instructions:

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.

## Instructions:

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.

# 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

## Topping:

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

## Instructions:

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.

# 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

## Topping:

blueberries

banana, sliced

almonds, flaked

hemp seeds

chia seeds

## Instructions:

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

# SuperSmoothie 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

## Topping Options:

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

## Instructions:

- Add all smoothie ingredients to a high-speed blender and blend until smooth.
- Scoop into a bowl and add your favorite toppings.