

Smoothie Bowl

Smoothies are a great way to use up extra spinach or fruit you may have around. Pre-slice and freeze your fruit to help add better texture to your smoothie. If you don't have frozen fruit on hand, you can use fresh fruit but will need to add more ice to create the best smoothie texture. Get creative with your toppings to add crunch and color to your smoothie bowls. Oats add more fiber and protein to this smoothie bowl. Depending on your preference, you may want to cook and cool the oatmeal before using it.

Serves 1 Serving size: 1 bowl Prep time: 5 minutes Cook time: 0 minutes Total time: 5 minutes

Ingredients

- 2 handfuls baby spinach
- 1/4–1/2 cup water
- 1/4 cup quick oats (raw or pre-cooked)
- 1 medium banana, sliced and frozen
- 1 cup nonfat, plain Greek yogurt
- Ice cubes, optional

Optional toppings, about 3 tablespoons in total

- Berries, pomegranate seeds, orange slices, granola, sliced almonds, pecans, coconut, flax seeds, chia seeds



Directions

1. Place spinach, water, oats, frozen banana, yogurt, and ice into a blender. Blend until ingredients are well combined.
2. May add more or less water and/or ice cubes until desired consistency is reached.
3. Pour smoothie into a bowl.
4. Optional: decorate the top of the smoothie with various toppings.
5. Serve immediately.

Nutrition Facts

Serves 1	
Serving size	1 bowl (456g)
Amount per serving	
Calories	406
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 11mg	4%
Sodium 134mg	6%
Total Carbohydrate 58g	19%
Dietary Fiber 10g	42%
Total Sugars 26g	
Protein 30g	61%
Vitamin D 0mcg	0%
Calcium 359mg	36%
Iron 4mg	21%
Potassium 1263mg	36%
Phosphorus 453mg	45%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition information based on 1 Tablespoon each of shredded coconut, chia seeds, and pomegranate seeds.