

Smoothie Bowls

Breakfast/Lunch/Snack



THE OHIO STATE
UNIVERSITY

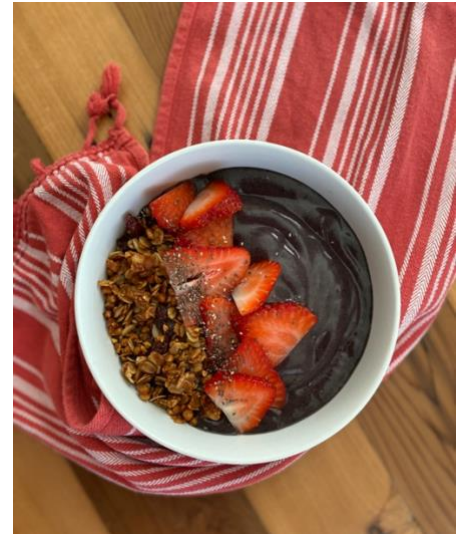
WEXNER MEDICAL CENTER

Makes: 2 small smoothie bowls or 1 large bowl.

Items Needed: Blender, Knife, Cutting Board

Ingredients:

- 2 frozen bananas
- 3/4 cup blueberries (frozen or fresh)
- 1/2 cup plant based milk
- 2 cups of spinach
- 1 Tbsp nut butter
- Toppings: granola, berries, chia seeds, nuts and seeds



Directions:

1. Freeze banana ahead of time. I like to keep a container in my freezer and when I have bananas that are about to go bad I just peel them and put them in the container for smoothies.
2. Remove banana from freezer and chop into 1 inch sections. Place in blender with blueberries, plant based milk and spinach. Add nut butter if you would like.
3. Blend until smooth and pour out into bowls. Top with your preferred toppings and enjoy!

Nutrition Information for 1/2 recipe without toppings:

Calories: 215 Fat: 5.6 g Carbs: 40 g Protein: 6.1 g Fiber: 5.8 g Sodium: 86mg

<https://wexnermedical.osu.edu/nutrition-services>