



SEASONAL SMOOTHIE BOWL

By: Your Brain on Food

SERVES: 1

Smoothie bowls are essentially a thicker smoothie in a bowl with toppings of brain power. You can add any toppings you like and also change up the ingredients to follow fruits and veggies in season. The possibilities are endless on how you build your morning liquid vitamin.

Why it's good for you:

This particular smoothie bowl has local, in season blueberries. Blueberries are well known for their fibre and antioxidant support. They are a power house with key anti-inflammatory nutrients to support optimal health. Spinach is high in fibre, high in magnesium, iron, and B vitamins for lasting energy. Avocado is a quality fat that is pure brain fuel and hemp seed are also rich in two essential fatty acids, omega-6 and omega-3. We need plenty of it to feel happy, calm and stable. Hemp seeds are also protein filled to help build essential hormones and cells.

Ingredients

- 2 cup, plain almond milk or choice of dairy free milk
- 1/2 cup, spinach
- 1 cup, blueberries, fresh or frozen
- 1 banana, fresh or frozen
- 1/4 cup, avocado, fresh or frozen
- 2 tbsp, hemp seeds
- 1 serving of protein powder of choice (optional)

Topping Options

- Fresh Blueberries and or Banana
- Hemp, Chia Seeds
- Pumpkin Seeds
- Shredded Coconut, Almond slices
- Ground Flax

Method

1. Place all ingredients in a blender and blend until smooth.