



SMOOTHIE BOWL E-RECIPE BOOK

Colour, flavour & fun!
Smoothie bowls have it all.

Check out our new favourite recipes and try
them for yourself.

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DELICIOUS NUTRITION FOR LIFE RECIPES

Smoothie Bowls are one of the biggest trends in breakfast and brunch menus.

They are so deliciously fun, plus they are really very simple to create at home for your family and friends!

We have brought together some of our new favourite smoothie bowl recipes into this downloadable e-Recipe Book.

All of our recipes are easily adjustable to suits you own preferences and dietary needs.

Enjoy!



the Nutraviva team



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TROPIC TANGO BOWL

Preparation time - 15 mins
2 servings

INGREDIENTS

- 1/2 cup frozen pineapple
- 1 chopped frozen banana
- 1/2 cup frozen mango
- 50ml coconut milk
- garnishes to top the smoothie bowl - fresh chopped banana, granola, dragon fruit and fresh pineapple chunks

METHOD

1. The key to smoothie bowls is to use frozen fruit, this is what helps to give the smoothie bowl a firm 'ice cream' consistency.
2. Mix the coconut milk with two serves of collagen hydrolysate and set aside.
3. Combine frozen fruit and collagen coconut milk blend in a high speed blender on highest setting. Using a blender paddle move the mixture around to ensure contact with the blades. If you don't have a paddle, you will need to stop the blender and use a spatula to move the mixture regularly. Add more milk or water if needed.
4. Pour into a bowl and top with garnishes.

CHOC, BANANA & PB BOWL



Preparation time - 15 mins
2 servings

INGREDIENTS

- 4 chopped frozen bananas
- 2 large tablespoons of smooth peanut butter
- 1 teaspoon of cacao powder
- 50ml almond milk (or milk of your own choice)
- 2 serves of collagen hydrolysate
- garnishes to top the smoothie bowl - keep it simple and just use a granola (try our collagen granola, it is amazing) or add fresh cut banana, coconut nibs and peanut butter drizzle

METHOD

1. The key to smoothie bowls is to use frozen fruit, this is what helps to give the smoothie bowl a firm 'ice cream' consistency.
2. Mix the coconut milk with two serves of collagen hydrolysate and set aside.
3. Combine frozen bananas, collagen milk blend, peanut butter and cacao in a high speed blender on highest setting. Using a blender paddle move the mixture around to ensure contact with the blades. If you don't have a paddle, you will need to stop the blender and use a spatula to move the mixture regularly. Add more milk or water if needed.
4. Pour into a bowl and top with garnishes.

BRIGHT BERRY ACAI BOWL



Preparation time - 15 mins
2 servings

INGREDIENTS

- 2 chopped frozen bananas
- 1 cup of mixed berries
- 1/2 cup of frozen acai (if using 1 tsp of acai powder instead you will need to add another 1/2 cup of berries)
- 50ml coconut milk (or milk of your own choice)
- 2 serves of collagen hydrolysate
- garnishes to top the smoothie bowl - fresh sliced banana, blueberries, chia seeds and granola.

METHOD

1. The key to smoothie bowls is to use frozen fruit, this is what helps to give the smoothie bowl a firm 'ice cream' consistency.
2. Mix the coconut milk with two serves of collagen hydrolysate and set aside.
3. Combine frozen bananas, collagen milk blend, berries and acai in a high speed blender on highest setting. Using a blender paddle move the mixture around to ensure contact with the blades. If you don't have a paddle, you will need to stop the blender and use a spatula to move the mixture regularly. Add more milk or water if needed.
4. Pour into a bowl and top with garnishes.

VEGAN SUPERFRUIT & CHIA BOWL



Preparation time - 15 mins
Cooking time - 40 minutes
4 servings

INGREDIENTS

- 2 chopped frozen bananas
- 1 cup of frozen strawberries
- 50ml coconut milk (or vegan milk of your own choice)
- 2 serves of Vegan Collagen Alternative
- garnishes to top the smoothie bowl - sliced oranges, seed mix, blueberries and vegan granola.

Note - you will need to prepare the chia mixture the day before and refrigerate overnight.

- Combine 400 ml of coconut milk, 6 tablespoons of chia seeds and 2 tbsp maple syrup. Stir well and refrigerate.

METHOD

1. Mix the coconut milk with two serves of Vegan Collagen Alternative and set aside.
2. Combine frozen bananas, Vegan Collagen Alternative milk blend and berries in a high speed blender on highest setting. Using a blender paddle move the mixture around to ensure contact with the blades. If you don't have a paddle, you will need to stop the blender and use a spatula to move the mixture regularly. Add more milk or water if needed.
3. Scoop into one side of your bowl the chia mixture and then fill the other side with the smoothie mixture.
4. Top with selected garnishes.