

Green matcha smoothie bowl with roasted seeds

PREP TIME
10 mins

COOK TIME
15 mins

SERVES
2

A vibrant breakfast bowl of blended spinach, banana with a hint of matcha, topped with fresh fruits, seeds and roasted nuts, it brings a splash of colour to sunny mornings. The powdered matcha tea is packed with antioxidants which has a positive impact on energy levels. Once you have made the smoothie base, you can decorate it with whatever fruits you have to hand. No time to roast seeds? Just sprinkle with your favourite granola or muesli.

Ingredients

200g / 7 oz frozen ripe bananas
200g / 7 oz baby spinach
50ml / 1.7 fl oz unsweetened almond milk
2 smoothie fruit mixes (passionfruit, pineapple, mango) or 240g / 8 oz frozen yellow fruits
2 tsp matcha powder
1 tsp vanilla essence
1 banana, cut into slices
handful of blueberries
a few blackberries

For the topping

1 tbsp buckwheat
1 tbsp chia seeds
2 tbsp pumpkin seeds
2 tbsp toasted almonds
2 tbsp toasted walnuts
2 tbsp roasted coconut flakes
a few goji berries

1. First, make the topping by gently roasting the buckwheat, chia and pumpkin seeds and all the nuts, making sure they don't burn.
2. Pour almond milk into blender, add matcha powder, spinach and vanilla essence and blend to a smooth consistency.
3. Add smoothie mix and blend, repeat with frozen bananas until you get a smooth mixture which has the consistency of soft serve.
4. Pour the mixture into two shallow bowls and swiftly decorate with fruits, roasted seeds and nuts, sprinkle a few goji berries on the top.