



Banana-Berry Smoothie Bowl

Yield: 4 servings

Ingredients:

Smoothie Bowl:

- 3 cups milk or milk alternative
- 4 ½ cups frozen mixed berries
- 3 overripe bananas, frozen
- 1 ½ cups fresh spinach

Toppings:

- 1 pint fresh strawberries or other berries, sliced
- 2 ripe bananas, sliced
- 1 cup toasted seeds of choice

Directions:

1. Preheat oven to 300°F.
2. Spread seeds in an even layer on a sheet tray lined with parchment.
3. Toast for 10-15 minutes or until visibly dark and aromatic. Set aside to cool.
4. Combine berries, banana, and milk in the bowl of a blender. Blend on high speed until the fruit is mostly broken up.
5. Add spinach and continue to mix until smooth and thick. If mixture is too thick, add more milk 1 Tbsp at a time until it loosens. Desired texture is thick and smooth but not runny.
6. Remove into a bowl and add toppings. Serve immediately.

Green Goddess Smoothie

Yield: 4 servings

Ingredients:

- 1 cup strawberries, hulled
- 1 cup, packed baby spinach leaves
- 1 small avocado, halved and the flesh scooped out
- 1 cup natural unsweetened yogurt
- 2 oranges juiced, plus 1/2 tsp finely grated zest

Directions:

1. Place all the ingredients in a blender and puree until completely smooth.
2. If it's a little thick, add a drop of chilled water, then blitz again.
3. Pour into glasses and drink straight away.