



Nourish Recipe

Fresh Start Smoothie Bowl

Servings: 1

Ingredients

1 cup dark leafy greens of your choice

½ cup non-dairy milk, your choice

¼ cup cold water, more to thin as needed

1 banana, peeled and frozen

1 large zucchini, cut into 2 inch chunks, frozen

2 TBSP chia seeds

2 TBSP nut butter of choice

1 tsp spirulina powder

½ tsp cinnamon

Toppings of choice - we love goji berries, cacao nibs and flaked coconut



What you'll need



measuring cups



measuring spoons



blender

Nutrition Facts

Servings 1

Amount Per Serving

Calories 519

% Daily Value

Total Fat 28.5g 37%

Saturated Fat 2.7g 14%

Cholesterol 0mg 0%

Sodium 156mg 7%

Total Carbohydrate 58.4g 21%

Dietary Fiber 19.2g 68%

Sugars 24.6g

Protein 18.8g

Vitamin D 50mcg 250%

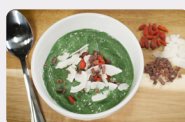
Calcium 260mg 20%

Iron 11mg 60%

Potassium 1893mg 40%

Instructions

1. Blend greens (1 cup), milk (½ cup), and water (¼ cup) until well blended.
2. Add the banana, zucchini, chia seeds (2 TBSP), nut butter (2 TBSP), spirulina (1 tsp) and cinnamon (½ tsp) and blend until smooth. Add additional water if needed to thin, though you'll enjoy the smoothie bowl a bit on the thicker side!
3. If using protein powder or seed mix, add at the very end and blend for a few seconds.
4. Pour into a bowl and sprinkle with your favorite toppings. Alternatively, you can have this as a good ol' fashioned smoothie!



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