



Satisfy your sweet tooth with these two smoothie bowls!

Berry & Kale Smoothie Bowl

This smoothie bowl is a great way to sneak some extra greens in your diet without even noticing! It can also be easily customized with different toppings for a variety of different flavours! I got this recipe from domestic-me.com and have been enjoying variations of it for quite some time now!

INGREDIENTS

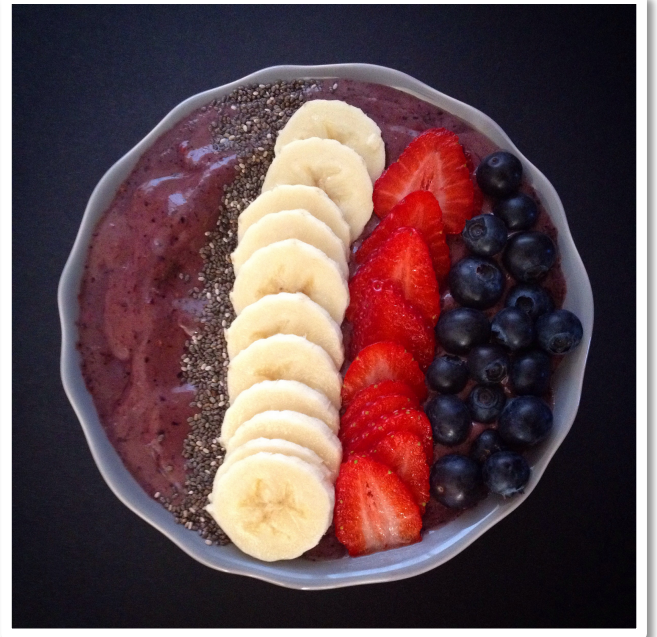
- 1 cup chopped kale
- 1 tbsp chia seeds
- 1 cup milk (or almond milk, etc)
- 1 ½ cups frozen mixed berries
- ½ frozen banana
- 1-2 tsp light agave (optional)

TOPPINGS

- ½ sliced banana
- ¼ cup blueberries
- 2-3 strawberries, sliced
- 1 tsp chia seeds

INSTRUCTIONS

1. Place kale, chia seeds, and milk into a blender and puree until smooth.
2. Add the frozen mixed berries, bananas, and agave to the blender. Puree until smooth.
3. Pour into a bowl and garnish with toppings of your choice.





Mixed Berry & Greek Yogurt Smoothie Bowl

This smoothie bowl is a modification from my families original recipe for a “strawberry-orange-juice-thing.” Trust me, it’s delicious!

INGREDIENTS

- 1 ½ cups frozen mixed berries
- ½ frozen banana
- ½ tbsp ground flax
- ½ cup plain Greek yogurt
- ¼ cup (ish) orange juice
- ¼ cup (ish) water

TOPPINGS

- ½ sliced banana
- 1 kiwi, sliced
- 1 tsp chia seeds
- 1 tsp shredded coconut

OTHER TOPPING IDEAS

- sliced almonds or other nuts (one of my favourites!)
- hemp seeds/other seeds
- ground flax/flaxseeds
- granola
- Bran buds
- raspberries
- blackberries
- pomegranate
- dried fruit
- and more!

