

This Smoothie Bowl Is My Go-To Healthy Breakfast All Year Long

If breakfast is your reset button, then the



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INGREDIENTS

1 frozen banana

1 cup frozen mixed berries (strawberries, blueberries, raspberries, etc.)

¾ cup coconut milk (or almond milk, oat milk, etc.)

1 tbsp honey (optional, depending on your fruit sweetness)

Granola

Chia seeds

Fresh fruit (bananas, kiwi, mango, berries, etc.)

? Ingredient Notes & Swaps:

Milk alternatives: Almond milk, oat milk, or regular dairy milk all work great.

Frozen fruit tips: Keep your banana peeled and sliced before freezing-it blends easier!

Add-ins: Blend in protein powder, spinach, or nut butter for an extra nutritional boost.

Toppings: Hemp seeds, coconut flakes, or a drizzle of nut butter are all excellent upgrades.

??? Instructions:

Blend the base: In a high-speed blender, combine frozen banana, frozen mixed berries, coconut milk, and honey. Blend until thick and smooth. Add a splash more milk only if needed.

Pour and top: Spoon the mixture into bowls and top with granola, chia seeds, and fresh fruit.

Serve immediately: These are best enjoyed right after blending for peak texture and temperature.

? Pro Tips for Smoothie Bowl Success:

Use frozen fruit only: It creates a thick, ice-cream-like texture without the need for ice.

Don't over-blend: You want it thick enough to eat with a spoon-not drink through a straw.

Layer smartly: Add granola last to keep it from getting soggy.

? Serving Suggestions & Pairings:

3-Ingredient Chocolate Chip Oatmeal Breakfast

Cookies for grab-and-go mornings

Blueberry Lemonade to sip while you bowl

No-Bake Monster Cookie Energy Balls for afternoon energy

No-Bake Peanut Butter Oatmeal Bars to stash in your fridge for busy days

Edible Cookie Dough for a fun sweet bite to end your morning right

? Storage & Make-Ahead Tips:

Storage: Best eaten fresh. If needed, freeze the blended base and re-blend before serving.

Pre-prep: Portion frozen fruit into freezer bags for quick assembly. Just dump and blend.

On the go: Pour into a portable container and top just before eating to keep things crunchy.

? More Recipes You'll Love:

3-Ingredient Breakfast Cookies

No-Bake Peanut Butter Bars

Monster Cookie Energy Balls

Final Thoughts:

DIRECTIONS

1. Blend the base: In a high-speed blender, combine frozen banana, frozen mixed berries, coconut milk, and honey. Blend until thick and smooth. Add a splash more milk only if needed.
2. Pour and top: Spoon the mixture into bowls and top with granola, chia seeds, and fresh fruit.
3. Serve immediately: These are best enjoyed right after blending for peak texture and temperature.
4. ? Pro Tips for Smoothie Bowl Success: Use frozen fruit only: It creates a thick, ice-cream-like texture without the need for ice.
5. Don't over-blend: You want it thick enough to eat with a spoon-not drink through a straw.
6. Layer smartly: Add granola last to keep it from getting soggy.
7. ? Serving Suggestions & Pairings: Round out your breakfast spread with a few healthy snack bites or a cool drink:
8. 3-Ingredient Chocolate Chip Oatmeal Breakfast Cookies for grab-and-go mornings
9. Blueberry : Lemonade to sip while you bowl
10. No-Bake : Monster Cookie Energy Balls for afternoon energy
11. No-Bake : Peanut Butter Oatmeal Bars to stash in your fridge for busy days
12. Edible : Cookie Dough for a fun sweet bite to end your morning right
13. ? Storage & Make-Ahead Tips: Storage: Best eaten fresh. If needed, freeze the blended base and re-blend before serving.

14. Pre-prep: Portion frozen fruit into freezer bags for quick assembly. Just dump and blend.
15. On the go: Pour into a portable container and top just before eating to keep things crunchy.
16. ? More Recipes You'll Love: Keep your kitchen stocked with easy, nourishing snacks and breakfasts:
17. 3-Ingredient Breakfast Cookies
18. No-Bake : Peanut Butter Bars
19. Monster : Cookie Energy Balls
20. Final Thoughts: This Smoothie Bowl is colorful, customizable, and completely craveable-proof that healthy can be fun, fast, and full of flavor. Whether you're fueling up for work, the gym, or just a sunny start to your day, this bowl delivers fresh energy with zero effort.
21. Tried it? Snap a pic and tag @chefmaniac-we'd love to see your creative toppings and colorful combos!

SWAPS & NOTES

& Swaps Milk alternatives: Almond milk, oat milk, or regular dairy milk all work great.

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/this-smoothie-bowl-is-my-go-to-healthy-breakfast-all-year-long/>