

Marie's Healthy Breakfast Smoothie: Vibrant Berry-Banana Morning Boost

Marie's Healthy Breakfast Smoothie: Your Vibrant Berry-Banana Morning Boost!



TIME
5 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

¾ cup frozen mixed berries (blueberries, raspberries, strawberries - or your favorite combination)

¾ banana (fresh or frozen; frozen banana creates a thicker smoothie)

1/3 cup rolled oats (old-fashioned oats)

1 tablespoon chia seeds (optional, but highly recommended for nutrition and thickness)

1 cup almond milk (or any milk of choice: oat, dairy, soy, etc.)

... cup plain Greek yogurt (or plain plant-based alternative for dairy-free/vegan)

1 tablespoon almond butter or peanut butter

½ teaspoon ground cinnamon

1 teaspoon honey or maple syrup (optional, adjust to taste)

Ice cubes (optional, for extra chill and thickness)

Swaps and Notes:

Frozen Fruit: Using at least some frozen fruit (like the mixed berries) is key for a cold, thick smoothie without needing excessive ice.

Banana: A ripe banana (fresh or frozen) adds natural sweetness and creaminess. If using fresh, consider freezing it beforehand for a thicker smoothie.

Rolled Oats: Old-fashioned rolled oats are preferred. You can use quick oats, but the texture might be slightly softer.

Chia Seeds: These are excellent for boosting fiber and omega-3s, and they also help to thicken the smoothie.

Milk of Choice: Any type of milk you prefer will work well here.

Yogurt: Plain Greek yogurt adds protein and a creamy tang. Choose a plant-based yogurt for a vegan option.

Nut Butter: Almond butter or peanut butter adds healthy fats, protein, and a lovely nutty flavor. Adjust to your preference.

Sweetener: Honey or maple syrup are optional. Adjust based on the natural sweetness of your fruit and your personal preference.

Cinnamon: Adds a warm, comforting spice note that pairs beautifully with the fruits and oats.

Directions:

Prepare Oats & Chia (Optional): Add the rolled oats and chia seeds (if using) to a blender. Pulse a few times to break them down slightly. This helps them blend more smoothly into the smoothie.

Add Remaining Ingredients: Add the frozen mixed berries, banana, almond milk, Greek yogurt, almond butter or peanut butter, ground cinnamon, and honey or maple syrup (if using) to the blender.

Blend Until Smooth: Blend on high speed until the mixture is completely smooth and creamy. Stop and scrape down the sides as needed to ensure everything is fully incorporated.

Adjust Thickness/Chill: If you prefer a chillier, thicker consistency, add a few ice cubes and blend again until smooth. If the smoothie is too thick, add a tiny splash more milk; if too thin, add a few more frozen berries or a tiny bit more chia seeds and let it sit for 5 minutes before re-blending.

Pour & Serve: Pour the smooth, creamy smoothie into a tall glass and serve fresh.

Tips for Success:

Frozen Fruit is Key: Relying primarily on frozen fruit provides the ideal thick, cold, and creamy texture without diluting the flavor with too much ice.

High-Powered Blender: A good quality blender will make quick work of the frozen fruit and oats, resulting in a perfectly smooth consistency.

Adjust Liquids: Start with the exact amount of liquid and add more slowly if your blender struggles, or if you prefer a thinner consistency.

Taste Test: Always taste the smoothie before pouring. Adjust sweetness (more honey/maple syrup) or creaminess (more yogurt/nut butter) as needed.

Enjoy Immediately: Smoothies are best consumed right after blending for optimal texture and temperature.

Serving Suggestions and Pairings:

Storage and Leftover Tips:

More Recipes You Will Love:

DIRECTIONS

1. **Making :** Marie's Healthy Breakfast Smoothie is incredibly simple - just blend and enjoy!
2. **Prepare :** Oats & Chia (Optional): Add the rolled oats and chia seeds (if using) to a blender. Pulse a few times to break them down slightly. This helps them blend more smoothly into the smoothie.
3. **Add :** Remaining Ingredients: Add the frozen mixed berries, banana, almond milk, Greek yogurt, almond butter or peanut butter, ground cinnamon, and honey or maple syrup (if using) to the blender.
4. **Blend :** Until Smooth: Blend on high speed until the mixture is completely smooth and creamy. Stop and scrape down the sides as needed to ensure everything is fully incorporated.
5. **Adjust :** Thickness/Chill: If you prefer a chillier, thicker consistency, add a few ice cubes and blend again until smooth. If the smoothie is too thick, add a tiny splash more milk; if too thin, add a few more frozen berries or a tiny bit more chia seeds and let it sit for 5 minutes before re-blending.
6. **Pour & :** Serve: Pour the smooth, creamy smoothie into a tall glass and serve fresh.
7. **Tips for Success:** Frozen Fruit is Key: Relying primarily on frozen fruit provides the ideal thick, cold, and creamy texture without diluting the flavor with too much ice.
8. **High-:** Powered Blender: A good quality blender will make quick work of the frozen fruit and oats, resulting in a perfectly smooth consistency.
9. **Adjust :** Liquids: Start with the exact amount of liquid and add more slowly if your blender struggles,

or if you prefer a thinner consistency.

10. Taste : Test: Always taste the smoothie before pouring. Adjust sweetness (more honey/maple syrup) or creaminess (more yogurt/nut butter) as needed.
11. Enjoy : Immediately: Smoothies are best consumed right after blending for optimal texture and temperature.
12. Serving Suggestions and Pairings: Marie's Healthy Breakfast Smoothie is a fantastic, complete meal for breakfast or a satisfying snack. It's perfect for busy mornings, post-workout fuel, or a quick, healthy indulgence. Pair it with a cup of coffee or a glass of water. For other refreshing fruit-based drinks, you might enjoy my This Blueberry Lemonade Is My Favorite Refreshing Drink for Sunny Days or my tropical Pina Colada Smoothie.
13. Storage and Leftover Tips: This smoothie is definitely best enjoyed immediately after blending for optimal texture and temperature. If you have a small amount leftover, you can store it in an airtight container in the refrigerator for a few hours, but it will thicken and may lose some of its frosty consistency. You can add a tiny splash of milk or water and re-blend briefly to refresh it. Freezing blended smoothie is not ideal as it can separate and become icy.
14. More Recipes You Will Love: If you loved the wholesome ingredients and easy prep of this smoothie, here are a few more delightful breakfast and snack recipes that I think you'll absolutely love:
15. For a classic way to use up ripe bananas in baking, check out my This Chocolate Chip Banana Bread Is My Favorite Way to Use Up Overripe Bananas.
16. If you're looking for another quick, healthy oatmeal-based treat, my Overnight Oats Blueberry Smoothie Bowl offers a similar flavor profile with a spoonable texture.
17. And for a wholesome, easy breakfast cookie, my These 3 Ingredient Chocolate Chip Oatmeal Breakfast Cookies Are My Morning Time Saver are a fantastic option.
18. Final Thoughts: Marie's Healthy Breakfast Smoothie is a true winner for healthy, convenient, and delicious mornings. It's creamy, vibrant, packed with nutrients, and incredibly satisfying, proving that a quick start to your day doesn't mean sacrificing flavor or health. Give it a blend, and enjoy your delightful morning fuel and glow!
19. What's your secret ingredient for the perfect breakfast smoothie? Share your ideas and feedback in the comments below, and don't forget to follow Chef Maniac for more delightful and inspiring recipes!

SWAPS & NOTES

Frozen Fruit: Using at least some frozen fruit (like the mixed berries) is key for a cold, thick smoothie without needing excessive ice.

Banana: A ripe banana (fresh or frozen) adds natural sweetness and creaminess.

If using fresh, consider freezing it beforehand for a thicker smoothie.

Rolled Oats: Old-fashioned rolled oats are preferred.

TIPS FOR SUCCESS

Frozen Fruit is Key: Relying primarily on frozen fruit provides the ideal thick, cold, and creamy texture without diluting the flavor with too much ice.

High-Powered Blender: A good quality blender will make quick work of the frozen fruit and oats, resulting in a perfectly smooth consistency.

Adjust Liquids: Start with the exact amount of liquid and add more slowly if your blender struggles, or if you prefer a thinner consistency.

Taste Test: Always taste the smoothie before pouring.

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

Original recipe: <https://chefmaniac.com/maries-healthy-breakfast-smoothie-vibrant-berry-banana-morning-boost/>