

Berry Smoothie Bowl: Healthy, Refreshing & Customizable Breakfast

Berry Smoothie Bowl: A Vibrant and Nutritious Start to Your Day



PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

BINDER
Ready

INGREDIENTS

1 cup frozen blueberries (or mixed berries like strawberries, raspberries, or blackberries)
1 frozen banana (peeled and sliced before freezing)
¾ cup Greek yogurt (plain or vanilla, full-fat or low-fat) or plant-based yogurt (almond, coconut, or soy)
... cup milk (dairy or non-dairy like almond, oat, or soy milk)
Fresh blueberries
Sliced banana
Sliced strawberries
Sliced kiwi
Peanut butter (or almond butter, cashew butter)
Sunflower seeds or pumpkin seeds
Sesame seeds (optional)

DIRECTIONS

- 1. Blend the Base:** In a high-speed blender, add the 1 cup frozen blueberries (or mixed berries), 1 frozen banana, ¾ cup Greek yogurt or plant-based yogurt, and ... cup milk (dairy or non-dairy). Blend on high speed until the mixture is thick and creamy. You'll likely need to use a tamper (if your blender has one) or pause and scrape down the sides several times. If the mixture is too thick to blend, add another splash (1 tablespoon at a time) of milk, just enough to get it blending smoothly. The goal is a consistency that's thick enough to eat with a spoon, not drink.
- 2. Pour into a Bowl:** Once the smoothie base is perfectly thick and creamy, spoon it directly into your favorite serving bowl.
- 3. Top Beautifully:** This is where your creativity comes in! Arrange your chosen fresh fruit toppings artfully over the smoothie base. Place the fresh blueberries, sliced banana, sliced strawberries, and sliced kiwi in appealing patterns. Add a scoop of your preferred peanut butter (or almond butter) in the center or drizzled artfully. Finally, sprinkle with sunflower seeds or pumpkin seeds for crunch, and optional sesame seeds for an extra nutty touch.
- 4. Serve Immediately:** Serve your vibrant Berry Smoothie Bowl immediately and enjoy this delicious, healthy, and satisfying creation!

SWAPS & NOTES

Frozen Fruit: Using frozen fruit is crucial for the thick, cold consistency of a smoothie bowl.

If you only have fresh, add a few ice cubes, but start with less milk.

Banana: A frozen banana adds natural sweetness and a creamy texture.

If you don't like bananas, you can substitute with $\frac{1}{2}$ cup extra frozen fruit or a few pitted dates for sweetness.

TIPS FOR SUCCESS

Frozen Fruit is Key: Always use frozen fruit for a super thick and cold base.

High-Powered Blender: A good quality blender will make achieving a smooth, thick consistency much easier.

Start with Less Liquid: It's easier to add more milk than to thicken a too-liquid smoothie.

Don't Over-Blend: Blend just until smooth and creamy.

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

Original recipe: <https://chefmaniac.com/berry-smoothie-bowl-healthy-refreshing-customizable-breakfast/>