

RECIPE

Very Berry Smoothie Bowl



This easy-to-make smoothie bowl is packed full of nutrients and antioxidants, and is incredibly delicious and fun to prepare. It takes some creativity, but you don't need to be an artist to enjoy this tasty delight. Now, grab your blender and let's get started!

Ready in **10 minutes**

Serves **2 people**

Tools

- High-speed blender or food processor
- A large bowl

Ingredients

- 2 fresh bananas, sliced
- 2 frozen bananas, sliced
- 1-2 cups fresh or frozen black berries, blueberries, or sliced fruit of your choice
- ½ tsp vanilla extract
- ½ cup water or plant milk
- Toppings: nuts, seeds, shredded coconut or granola (optional)

Preparation

Add water or plant milk to your blender along with frozen banana slices, half of the fresh banana slices and half of the berries and other fruit. Add vanilla extract and blend until smooth. Pour the deliciousness in a bowl and decorate with nuts, seeds, granola, and remaining fruit. Be creative and have fun!

Tips

Slice bananas before freezing and store in a freezer bag so you're always ready to blend!



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