

Shamrock Smoothie Fruit Bowl

Delicious and detoxifying fiber-filled smoothie bowl topped with granola, fresh fruit, and seeds.



Smoothie Ingredients

- 1 cup plant milk
- 2 cups/handfuls of baby spinach
- 1 cup (1 medium) banana, sliced and frozen*
- ½-1 cup frozen yellow fruit (peach, mango, pineapple)**
- 1 kiwi
- 2 Tbsp hemp seed
- 2 Tbsp rolled oats
- 1 Tbsp flax seed
- 1 Tbsp chia seed

Bowl Ingredients

- 1 medium banana, sliced
- 1 cup fresh fruit (sliced kiwi, raspberries, blueberries)
- 1 cup Morning Glory Granola
- 1 Tbsp hemp seed
- 1 tsp flax seed
- 1 tsp chia seed

Instructions

1. In a high-speed blender, blend all of the smoothie ingredients together until completely smooth, about 1 minute.
2. Pour smoothie into two bowls.
3. Top each bowl with half of the sliced banana, fresh fruit, granola, and seeds, as desired.

Notes

* I buy and freeze a bunch of bananas at once. That way, they're always available when I want to make nice cream or a smoothie. On a cutting board, peel and slice and place in a freezer bag or container. Freeze until ready to use, up to 3 months.

** You can use any frozen or fresh fruit you like in this smoothie bowl. However, if you want the smoothie to stay vibrant green, you need to pick yellow fruit (banana, mango, peach, pineapple). If you use red or blue fruit, your smoothie will turn more brown – when you combine the colors of the rainbow, it may be better for you but it will be brown. It's science. And it loses the pretty bowl effect we're going for. We do eat with our eyes after all. So I recommend putting your more colorful fruit on top and eating them whole.