

Banana Berry Smoothie Bowl

Ingredients

- 1 fresh banana
- 1 cup of frozen berries (strawberries, blueberries, etc.)
- ½ cup of soy milk (or other milk like cow or almond)
- 2 tablespoons of oats or granola
- *Optional: 1 tablespoon of honey, 1 tablespoon nuts/seeds*

Nutrition tip:
Add oats to your smoothie for a boost in fiber!



Directions

Add berries, banana, milk, oats, and honey into the container of a blender. Blend until smooth. Add additional milk if needed to reach the consistency desired. Top smoothie bowl with berries, banana slices, 1 teaspoon of oats, or any other desired topping. Serve immediately.

Recipe adapted from

<https://addapinch.com/strawberry-banana-smoothie-bowl-recipe/>

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