Balanced Breakjast for the Busy Student



by Diana Mills

Edition 2 of 5

BLUEBERRY SMOOTHIE BOWL

SERVES 1 | PREP5min | COOK2mins | READY7mins

S moothie bowls have been trending for a while and it's because they're so versatile! Blend any frozen fruit with milk and top with your favorite toppings for added texture. You can use a regular blender, a small personal blender, or even a food processor. In this recipe I topped my smoothie bowl with pine nuts, grape nuts, kiwi, chia seeds, coconut chips, and a few fresh raspberries. The toppings are fun to swirl into each bite and the grape nuts add crunch. Grape nuts are packed with iron and just 2 tablespoons pack about 20 percent of your daily value.

WHY IS IRON IMPORTANT?

INGREDIENTS

1/2 frozen banana
3/4 cup milk of your choice
1/4 cup frozen blue berries
toppings of your choice:

tbsp nuts (I used pine nuts)
tbsp. grape nuts
1/3 kiwi
few extra berries (I use raspberries)
tbsp. chia seeds
tbsp coconut chips



Iron is an essential mineral because your body uses iron to carry oxygen throughout the body.



METHOD

 Blend frozen banana, milk, and frozen blueberries in a blender or processor until smooth – about a minute. Add more milk or water if you prefer consistency thinner.

2) Top with your favorite toppings and don't forget your spoon!

You can make your smoothie bowl vegan by opting for a plant-based milk. This breakfast can be taken on-the-go and you can keep in an insulated lunch bag or put it in a cup and enjoy it that way!

THE FINAL PRODUCT





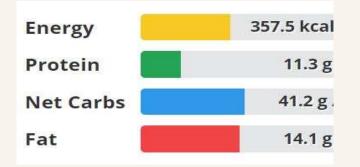
COST PER SERVING

Banana: \$0.11 Milk: \$0.13 Frozen Blueberries: \$0.24 Pine Nuts: \$0.21 Grape Nuts: \$0.11 Kiwi: \$0.13 Raspberries: \$0.21 Chia seeds= \$0.19 Coconut chips: \$0.14 Total: \$1.47

\$1.47 is less than the cost of your average smoothie/coffee/fast food sandwich and it packs more nutrition.

*Cost per serving calculations based on pricing at King Soopers.

NUTRITION INFO





ABOUT THE AUTHOR:



Diana Mills is a dietetic intern at MSU Denver. She enjoys

cooking and food photography. Follow her for more recipes:

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