



## BLUEBERRY SMOOTHIE BOWL

SERVES 1 | PREP 5 min | COOK 2 mins | READY 7 mins

Smoothie 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?

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

### INGREDIENTS

- 1/2 frozen banana
- 3/4 cup milk of your choice
- 1/4 cup frozen blue berries
- toppings of your choice:
- 1 tbsp nuts (I used pine nuts)
- 2 tbsp. grape nuts
- 1/3 kiwi
- a few extra berries (I use raspberries)
- 1 tbsp. chia seeds
- 1 tbsp coconut chips





## METHOD

- 1) 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	\$1.47 is less than the cost
Milk: \$0.13	of your average
Frozen Blueberries: \$0.24	smoothie/coffee/fast food
Pine Nuts: \$0.21	sandwich and it packs
Grape Nuts: \$0.11	more nutrition.
Kiwi: \$0.13	
Raspberries: \$0.21	
Chia seeds= \$0.19	
Coconut chips: \$0.14	

Total: \$1.47

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

## NUTRITION INFO

Energy		357.5 kcal
Protein		11.3 g
Net Carbs		41.2 g
Fat		14.1 g



## ABOUT THE AUTHOR:



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