

Healthy Recipes with Carole Houde



Smoothie Bowls...a hot (cold) breakfast trend!

Mega Antioxidant Smoothie Bowl

This chia-infused concoction will fill you with fiber and keep you satiated 'til lunchtime. Be sure to let the mixture sit for a few minutes after adding chia seeds so the smoothie thickens.

Ingredients:

- 1 large frozen banana, peeled
- $\frac{3}{4}$ cup frozen raspberries
- $\frac{1}{2}$ cup blueberries
- 1 tsp acai berry powder
- 1 scoop vanilla protein powder (optional)
- 1 tsp maca root powder (optional)
- $\frac{1}{2}$ cup water (use 1 cup if you're also adding protein powder)
- 1 tsp chia seeds
- extra fruit and toasted coconut, to garnish

Instructions:

- Place all ingredients except chia seeds in a blender and puree until smooth.
- Stir in the chia seeds
- Allow the mixture to sit for about 5 minutes. This will allow the chia seeds to absorb some of the water and make the smoothie thicker.
- Blend one more time, then pour it into two bowls.
- Top with fruit of choice and toasted coconut if desired.

Credit: Photo and Recipe - Angela / Eat Spin Run Repeat