



BROUGHT TO YOU  
BY THE TEAM AT

FED  FIT

THE ULTIMATE GUIDE TO

# Smoothie Bowls

12+ pages of tips, tricks, and recipes for your best  
smoothie bowl yet.





## We've got you covered.

Smoothie bowls are a really delicious and easy way to pack a powerhouse of nutrients into one meal whether you have them once a week or all 7 days.

Here you'll find 9 versatile smoothie bowl recipes that blend up beautifully, how to boost your bowl, tips and tricks, and alternative ingredients you might not have considered before.

For each of these recipes, simply blend together the list of ingredients until nice and creamy. Then, personalize with your favorite toppings for a delicious and healthy treat. Enjoy!

## RECIPE

# Avocado Smoothie Bowl

Get your greens! This smoothie bowl is packed with healthy fats, protein, micronutrients, and energizing carbohydrates without compromising on flavor.



## Ingredients

1 banana, sliced-then-frozen  
½ cup mango, chunks  
½ avocado  
½ cup milk of choice  
(whole milk, almond milk, oat milk, etc.)  
1 cup of packed spinach (or ½ cup of frozen spinach)  
1 scoop [protein powder](#)

## Suggested Toppings

granola, raspberries, strawberries, chia seeds, hemp seeds



## RECIPE

# Chocolate Smoothie Bowl

Decadent and creamy, this chocolate smoothie bowl is dessert for breakfast without the sugar overload.



## Ingredients

- 2 bananas, sliced-then-frozen
- 2 tablespoons peanut butter
- 2 tablespoons cocoa powder
- ½ cup milk of choice  
(whole milk, almond milk, oat milk, etc.)
- 1 scoop [protein powder](#) (optional)

## Suggested Toppings

- banana, cocoa nibs, peanut butter, crushed peanuts

## RECIPE

# Strawberry Smoothie Bowl

This strawberry smoothie bowl is simple and so easy to make for a deliciously creamy, antioxidant packed bowl of flavor. Kiddos love it too!



## Ingredients

2 cups frozen strawberries  
1 banana, sliced-then-frozen  
½ cup Greek yogurt  
½ cup milk of choice  
(whole milk, almond milk, oat milk, etc.)

## Suggested Toppings

strawberries, banana, granola, chia seeds



## RECIPE

# Protein Smoothie Bowl

This protein-packed smoothie bowl is the ultimate for getting in an extra serving or two of protein and keeping you energized throughout the day.



## Ingredients

10 ounces mixed berries  
½ cup Greek yogurt, unsweetened  
1 scoop [protein powder](#)  
1 tablespoon peanut butter  
½ cup milk of choice  
(whole milk, almond milk, oat milk, etc.)

## Suggested Toppings

raspberries, strawberries, blueberries,  
pumpkin seeds, chia seeds, almonds

## RECIPE

# Peanut Butter Banana Smoothie Bowl

This peanut butter banana smoothie bowl is super creamy with a nutty flavor that is sure to become a breakfast (or anytime) favorite!



## Ingredients

2 bananas, sliced-then-frozen  
½ cup full-fat Greek yogurt  
½ cup milk of choice  
(whole milk, almond milk, oat milk, etc.)  
2 tablespoons peanut butter  
¼ teaspoon cinnamon

## Suggested Toppings

banana, coconut flakes, chia seeds,  
nuts, [granola](#)



## RECIPE

# Acai Smoothie Bowl

The combination of delicious fresh fruits, acai puree, yogurt, and milk will leave you in tropical paradise!



## Ingredients

- 2 packets frozen acai puree
- 1 banana, sliced-then-frozen
- ½ cup frozen blueberries
- ½ cup frozen mango
- ½ cup Greek yogurt, unsweetened

## Suggested Toppings

- kiwi, strawberry, raspberry, blueberries,
- chia seeds, hemp hearts, shredded
- coconut, peanut butter



## RECIPE

# Pitaya Dragon Fruit Smoothie Bowl

This smooth and vibrant pitaya bowl is super nutrient dense but tastes like a tropical sorbet!



## Ingredients

6 ounces frozen, unsweetened pitaya (dragon fruit) smoothie pack  
½ cup orange juice  
1 scoop [protein powder](#)  
½ cup frozen mango

## Suggested Toppings

kiwi, dragonfruit, blueberries, chia seeds, hemp seeds

## RECIPE

# Blueberry Smoothie Bowl

This blueberry smoothie bowl is packed with antioxidants and hunger-satisfying protein with an uber creamy texture.



## Ingredients

- 1 cup blueberries, frozen
- 1 banana, sliced-then-frozen
- ½ cup milk of choice  
(whole milk, almond milk, oat milk, etc.)
- 1 scoop protein powder

## Suggested Toppings

- blueberries, granola, pumpkin seeds,  
hemp seeds



## RECIPE

# Mango Smoothie Bowl

This easy mango smoothie bowl is the perfect balance of tang and sweet with a delicious twist on tropical flavors.



## Ingredients

2 cups mango, cubed and frozen  
½ cup full-fat, unsweetened Greek yogurt  
½ cup milk of choice  
(whole milk, almond milk, oat milk, etc.)  
¼ teaspoon ground cardamom  
¼ teaspoon turmeric

## Suggested Toppings

blueberries, mango, banana, chia seeds,  
coconut flakes

# Tips and Tricks

The key distinction between a smoothie bowl and a regular smoothie is the ability to eat it with a spoon and load it up with toppings. Here are our best tips and tricks for achieving the thickest smoothie bowl.

- ✔ Use as many frozen ingredients as possible. The icy consistency keeps the smoothie bowl chilled and thick.
- ✔ Use as little liquid as possible. This helps to avoid thinning out the consistency created by the frozen ingredients.
- ✔ Use frozen bananas. Sliced-then-frozen bananas are the ultimate key in creating the thickest and creamiest consistency for your smoothie bowls. It's why so many of our recipes call for bananas!
- ✔ Use a high-speed blender. With the amount of frozen ingredients being added to the blender, opt for a high-speed blender to make your smoothie bowl. It really makes a difference in the machine's ability to break down all of the ingredients and smooth them together.
- ✔ Use a gradual speed increase. Blending at full speed can jam up your ingredients. Try starting low to get the ingredients to start incorporating, then gradually increase the speed to high.
- ✔ Use a layering technique. Believe it or not, the order in which you add ingredients can improve the blend on your smoothie bowl. Try layering your liquids first, followed by any leafy greens, yogurt, fresh fruits and vegetables, frozen components (in that order), then top with any powders. Having the weight of the heavier ingredients towards the top helps to keep pushing everything downward while blending.
- ✔ Use a make ahead freezer pack (with an exception of the liquid—milk or orange juice). Save time and make freezer packs ahead of time for the ultimate in quick and easy assembly. \*\*Note: Greek yogurt can be tough for the blender to break down, so if you freeze your Greek yogurt in your freezer pack, you may want to let it sit in the blender with the added liquid (milk or orange juice) or add a little hot water to the blender to bring everything together.



# Smoothie Boosters

Smoothie bowls are a great vehicle for packing in some extra nutrients into your day.

## ► PROTEIN

The benefits of protein are bountiful. It helps maintain muscle mass and strength, builds bones, and helps keep your body satiated throughout the day. Here are some great ways to incorporate extra protein into your smoothie bowl:

### PROTEIN POWDER

Try to find a protein powder with a few simple ingredients or use collagen peptides for the extra gut and tissue healing amino acid chains. Check out our recommendations for the best, healthiest protein powders [here](#).

### NUT BUTTERS

Peanut butter and almond butter have the highest amount of protein per serving of the nut butters at approximately 7-8 grams per 2 tablespoons.

### CHIA SEEDS

Chia seeds are a powerhouse of nutrients. In addition to the 5-6 grams of protein per tablespoon, they are a great source of fiber and Omega-3s (they're also great for thickening your smoothie bowl). Truly a utility player!

### GREEK YOGURT

A ½ cup of Greek yogurt will provide around 10 grams of protein depending on the brand. We usually opt for a plain, unsweetened, full-fat Greek yogurt.

### HEMP SEED

Hemp seeds provide about 5 grams of protein per tablespoon and are a great source of fiber, potassium, and iron.

## ► FIBER

Fiber works to thicken the consistency of your smoothie bowl and also helps keep you feeling fuller longer, since it has a slower digestion rate than fruits and vegetables. The following are really great ways to incorporate more fiber into your smoothie bowl (and most of them also double as a protein source too!):

### GROUND FLAX SEEDS

Ground flax seeds provide roughly 3 grams of dietary fiber per tablespoon, plus magnesium, calcium, and phosphorus.

### CHIA SEEDS

Chia seeds contain approximately 3-4 grams of fiber per tablespoon, plus iron, magnesium, and calcium.

## HEMP SEEDS

Hemp seeds add about 1-2 grams of fiber per tablespoon depending on the brand and if the seeds are whole or shelled. They're also a great source of omega-3 and omega-6 fatty acids.

## ACACIA FIBER

The richest fiber of the group, a tablespoon of acacia fiber adds 5g of fiber and is known to help support digestion.

## COCONUT FLOUR

Not only will a tablespoon of coconut flour help thicken your smoothie bowl, but it also adds about 3 grams of fiber along with potassium and iron.

## ► ADDITIONAL BOOSTERS

These powerhouse add-ins are also solid additions for a supplemental boost to your smoothie bowl.

### MACA POWDER

Maca is considered an adaptogenic plant and helps support natural antioxidants in the body. It also is a great add for a boost of energy without the caffeine.

### SPIRULINA

Spirulina is a natural algae powder. It is high in protein, rich in antioxidants, B-vitamins, and plenty of additional nutrients. Smoothie bowls are a great vehicle for spirulina because it balances the green and earthy flavor.

### MATCHA POWDER

Matcha is rich in antioxidants and comes from the same plant as green tea. It contains caffeine and L-theanine that can help improve brain function.

### L-GLUTAMINE

L-glutamine helps balance the gut microbiome and minimize inflammatory responses in the body. It is a building block for making protein in the body and helps support immune function.

### CAMU CAMU

Camu camu is a lesser known superfood, but delivers a high dose of vitamin C and many other powerful antioxidants. It has a sour taste that is easily masked in a smoothie bowl.



# Alternatives to Fruit in Smoothie Bowls

Love smoothie bowls but looking for something that is less fruit-forward? These are great substitutes for some of the fruit components (specifically the bananas) that will keep your smoothie bowl rich and creamy without compromising the delicious flavor:

## AVOCADO

Avocado is a great substitute that adds richness and creaminess along with vitamins, healthy fats, minerals, and fiber.

## CAULIFLOWER

Cauliflower is a true utility player and adds a significant amount of potassium, vitamin C, and vitamin B6. Frozen cauliflower florets are great for thickening your smoothie bowl.

## BLACK BEANS

Hear me out, black beans make a great addition to a smoothie due to their mild nature in flavor and smooth and creamy texture. Pair with chocolate protein, and you won't even know they're there!

## SWEET POTATOES

Cooked sweet potatoes offer a rich texture and are delicious with chocolate, acai, and blueberry.

## FROZEN VEGETABLES

The taste of cubed-then-frozen cucumbers and zucchini is pretty much undetectable and provides a smooth, icy texture to your smoothie bowl.