

VERY BERRY SUMMER SMOOTHIE BOWL

by Jayden Ordner



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Once you perfect the base texture, you'll never stop innovating with different ingredients!

The key to a good smoothie bowl base is consistency! A nice icy, thick, almost 'soft serve' texture is ideal. For this, ice cubes and frozen blueberries are essential.

Ingredients

Ingredients for the smoothie base:

- 3 medjool dates, pitted
- 1 ½ cups frozen blueberries
- 3 walnuts
- 1 tbsp hemp Seeds
- Handful ice cubes
- ½ cup plant milk + extra if needed

Optional:

- Small handful of spinach
- 1 frozen sachet of unsweetened Açai purée (cheaper when on special at Coles and Woolworths!)

Toppings:

- Homemade granola
- 1 tbsp 100% almond or peanut butter
- 4 strawberries, sliced

Optional:

- Pepitas
- Sunflower seeds
- Chia seeds
- A light sprinkle of buckwheat groats

PREP TIME: 5 - 10MINS

TOTAL TIME: 10 MINS

SERVES: 1-2

Directions

1. Slice open and remove the pits from the medjool dates.
2. Combine all ingredients into a high powered blender. Pause to mix ingredients around before adding more milk; the key is in the icy and thick texture. Too much milk will make this too runny. Add small amounts of milk to aid blending if required.
3. Pour into a breakfast bowl and add toppings. (Smoothie bowls are unofficially about presentation: make yours beautiful, or throw it all down in a big mess. Delicious either way!).

Jayden Ordner is a nutrition science and dietetics student and also has a degree in philosophy. He enjoys running marathons on trails throughout the mountain ranges in the state of Victoria, Australia. Jayden is passionate about the power of our food choices to address the climate and environmental crisis.

