

Super Easy Green Smoothie Bowl



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HEALTHY RECIPES

Whip up this super easy green smoothie bowl recipe in flash for healthy vitamin-packed breakfast.

Persons 2

Ingredients

Green Smoothie Base

- 2 medium ripe bananas, sliced and frozen
- 3 large handfuls of spinach
- 1 small handful of kale
- 1 cup of frozen mango
- 1 kiwi fruit
- 1 avocado, peeled and de-stoned
- 2 cups coconut milk
- 1 tbsp ground flaxseed
- 2 tbsp nut butter (optional)

Instructions

1. Add all the green smoothie base ingredients to a blender and blend until smooth. I only have a NutriBullet, so I tend to add a little of everything and then blend, add more and blend, etc but if you have a proper kitchen with a proper blender you can do it all at once!
2. Taste the mixture and check the flavor and texture. Too sweet? Add more spinach and nut butter. A little bitter? Try more mango or kiwi. Too thin? Add another banana or a little more flaxseed.
3. Split the mixture into two bowls and add your toppings of choice
4. Instagram that shizzle (c'mon, it's a work of art!)
5. Eat and enjoy!