

Energizing Morning Smoothie Bowl



Introducing our Energizing Morning Smoothie Bowl, designed to power up your day. This recipe combines the invigorating benefits of instant coffee with the refreshing burst of frozen fruits, the richness of Greek yogurt, and the nutritional boost of oats and vanilla protein powder. It's the perfect way to start your day with energy and vitality.

Preparation 10 min

Cooking 0 min

Servings 2

Nutrition Facts (per serving)

Calories 300

Fat 3

Carbohydrates 40

Fibre 8

Protein 27

Sodium 80

Ingredients

- 10 ml (2 tsp.) instant coffee
- 125 ml (½ cup) hot water
- 500 ml (2 cups) frozen fruits
- 250 ml (1 cup) plain Greek yogurt

- One 2/3-filled scoop of vanilla protein powder

Preparation

1. Dissolve instant coffee in hot water.
2. Add all other ingredients to the blender and blend until smooth.
3. Top with your choice of toppings: granola, fresh fruits, nuts, chia seeds, flax seeds, etc.

Notes



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