

Local Berry Smoothie Bowl



Discover a vibrant recipe for a local berry smoothie bowl, an explosion of colors and local flavors. Nourish yourself with nutrients while indulging in pure delight. This recipe is courtesy of [Zenit Nutrition](#).

Preparation 5 min

Cooking 0 min

Servings 1

Nutrition Facts (per serving)

Calories 415

Fat 5

Carbohydrates 70

Fibre 7

Protein 24

Ingredients

- 250 ml (1 cup) of frozen boreal berries (e.g., haskap berries, strawberries, blueberries, blackberries, raspberries, cranberries...)
- 1 frozen banana
- 30 g (1 scoop) of [Zenit organic plant-based protein powder in vanilla flavor](#)
- 250 ml (1 cup) of choice of plant-based milk
- A drizzle of maple syrup to taste

Toppings (Optional)

- You can enhance the smoothie bowl with homemade granola or from a Canadian company, fresh local fruits, camelina seeds, hemp seeds, flax seeds, pumpkin seeds...

Preparation

1. Blend all the ingredients in an electric blender until smooth.
2. Pour the mixture into a bowl and sprinkle your choice of toppings on top.
3. Enjoy immediately!

Notes

Can be refrigerated in an airtight container for up to 24 hours.



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