

Coffee Smoothie Bowl



This breakfast is perfect for busy mornings or before a workout. It combines your morning coffee and a healthy breakfast in the same bowl!

Preparation 5 min
Cooking 0 min
Servings 2
Nutrition Facts (per serving)
Calories 320
Fat 11
Carbohydrates 50
Fibre 12
Protein 9
Sodium 50

Ingredients

- 2 bananas, frozen and sliced
- 125 ml (½ cup) plain Greek yogurt, 0% M.F.
- ½ avocado
- 1 large date, pitted
- 15 ml (1 tbsp) chia seeds
- 15 ml (1 tbsp) cocoa powder

- 5 ml (1 tsp) instant espresso powder
- 250 ml (1 cup) unsweetened soy milk (or cow's milk)

Optional toppings: banana slices, granola, nuts and seeds, coconut flakes, cocoa powder, hemp seeds, etc.

Preparation

1. Combine all the ingredients (except toppings) in a blender and blend until smooth.
2. Add more milk if needed to reach desired consistency.
3. Pour into 2 bowls and add toppings if desired.

Notes

Best consumed fresh.



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