

Longevity Smoothie Bowl

Swick

Makes 2 servings | Active Time: 5 minutes | Total Time: 5 minutes

Chef's Notes

- Be sure to use a large frozen banana or the texture of the smoothie bowl won't be thick enough.

Step 1: Making the Smoothie

- 1 1/2 cups almond milk
- 1 large frozen banana, cut into 1-inch pieces*
- 1 cup blackberries or blueberries
- 1/2 cup chopped kale
- 1/2 cup baby spinach leaves
- 1 tablespoon almond butter
- 1 tablespoon flax seeds
- 1/4 teaspoon turmeric
- 1/2 cup ice
- 1 teaspoon cinnamon, optional
- SUGGESTED TOPPINGS:
- Granola
- Fresh sliced fruit such as bananas, strawberries, or blackberries
- Sliced almonds
- Flax seeds
- Honey

Blend smoothie ingredients until smooth, adding more milk if necessary—the consistency should be a bit thicker than a drinkable smoothie, since you will eat this with a spoon.

Pour into a bowl and add toppings.