

# Green Goddess Smoothie Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 24 Estimated Plate Cost: \$2.19

Smoothie Ingredients	Quantity	Measure
Avocado, chopped	6	cups
Bananas, sliced	12	each
Mixed Berries, frozen	6	cups
Spinach, fresh, rough chopped	12	cups
Non-Dairy Milk	12	cups
Strawberry Puree Ingredients		
Strawberries, fresh, sliced	1	pint
Orange Juice	2	tablespoons
Maple Syrup	2	tablespoons
Cornstarch	1	teaspoons
Water	2	tablespoons
Topping Ingredients		
Blueberries, fresh	12	ounces
Strawberries, fresh, sliced	12	ounces

## Preparation

1. Add avocado, bananas, mixed berries, spinach and non-dairy milk to a blender and blend until creamy and smooth.
2. Add additional non-dairy milk if needed to thin out. You can add more spinach to smoothie mixture to achieve brighter green color, set aside and keep cold.
3. Combine 1 pint of fresh strawberries, orange juice and maple syrup in a saucepan and bring to a simmer over medium heat.
4. Reduce heat to medium-low, cover and simmer for 15 minutes.
5. Whisk 2 Tbsp. of water and cornstarch in a small bowl and whisk into the strawberry mixture.
6. Cook, stirring constantly, until the mixture thickens (about 1 to 2 minutes). Remove from heat.
7. Transfer mixture to blender and puree until smooth. Strain puree into a squeeze bottle.

## Assemble

1. Place ½ cup of green smoothie mixture into serving bowl.
2. Place 4 to 5 drops of strawberry puree scattered on top of green smoothie mixture.
3. Garnish with ½ oz. scoop of sliced bananas, ½ oz. scoop of sliced strawberries, ½ oz. scoop of blueberries and ½ oz. scoop of toasted coconut.

## Nutrition Information \*From USDA Nutrient Database

Calories: 272 Total Fat: 14g Saturated Fat: 7g Monounsaturated Fat: 4g Polyunsaturated Fat: 1g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 38g Fiber: 6.5g Total Sugar: 18g Protein: 3.5g Sodium: 97mg Vitamin A: 152µg  
Vitamin C: 32mg Calcium: 261mg Iron: 2mg Folate: 83µg

