

# Green smoothie bowl

Search:

- [Drink](#)
- [Recipes](#)

# Green smoothie bowl

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); })(document, 'script', 'facebook-jssdk');
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

## Green smoothie bowl

---



Rate this recipe

1 person is cooking this [Count me in](#)

This veggie-packed green smoothie will guarantee that you get at least two to three serves of nutrient-dense veggies in one hit.

### Ingredients (serves 2)

- 2/3 medium frozen [banana](#)
- ¾ cup pre-soaked cashews
- 3 cups [greens](#) (kale, spinach and silverbeet are our favourites), roughly chopped
- 1 large handful of mint leaves, torn
- Fresh berries, to serve
- 2 tbsp avocado, fresh or frozen
- 1 cup [coconut](#) milk or 7-8 frozen coconut cubes
- 2 cups coconut water
- ¾ cup water

### Method

Throw all ingredients into a blender. Blend until smooth. You may need to give it a stir halfway through if you don't have a high-powered blender. Divide smoothie mixture into two bowls and top with your choice of toppings, but we love raspberries.

## Green smoothie bowl

---

Recipe and images from *Clean 'n' Green Smoothies* by [Sarah Wilson](#).

NEXT: [Choc-oat smoothie](#)

```
function displayNutrition(msg) { $('.nutrition-label-container').text(msg); $('.nutrition-label-container').fadeIn(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
```