

Learn more about nutrition with the free EatFresh.org Mini Course! Start or continue now › <https://eatfresh.org/eatfreshorg-mini-course>

Ginger Berry Smoothie Bowl

Ready In: 15 minutes

Serves: 2

This will satisfy any sweet craving *and* provide you with nutrients and fiber!

Ingredients

- » 1 Banana *frozen*
- » 1 cup Berries *frozen*
- » 1 ¹/₄ teaspoons Ginger Root
- » 1 cup Milk *or non-dairy milk alternative*
- » 1 Mango *Manila variety, small, peeled and cubed, or 1/2 large mango*
- » 2 tablespoons Almonds *chopped*
- » 2 tablespoons Unsweetened Shredded Coconut
- » ²/₃ Granola cup

What you'll need

- » Sharp knife
- » Grater
- » Blender
- » 2 bowls

Directions

1.



Peel and finely grate ginger. Peel and cut mango into bite-sized pieces. Keep separate.

2.



Place frozen banana, berries, grated ginger, and milk in a blender. Blend until smooth. Mixture will be thick.

3. Divide smoothie evenly into two bowls. Top each smoothie bowl with mango pieces, almonds, shredded coconut, and granola. Enjoy!

Chef's Tips

Alternative toppings:

- » chia seeds
- » walnuts
- » fresh berries



Photo attribution: Danielle Boulé

Nutrition Facts	
Serving Size 2.00 cup	
Serving Per Container 2	
<hr/>	
Amount Per Serving	
<hr/>	
Calories 454	
<hr/>	
	% Daily Value*
Total Fat 16.8 g	22%
Saturated Fat 7.6 g	38%
Sodium 139 mg	6%
Total Carbohydrate 70 g	25%
Dietary Fiber 8.2 g	29%
Protein 10.5 g	
<hr/>	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	



“Funded by USDA SNAP, an equal opportunity provider and employer. Visit <http://calfreshhealthyliving.org> for healthy tips.”