



Summer smoothie bowl recipes

Having smoothie bowls for breakfast is a healthy and refreshing way to start your day. Not only are they quick and easy to make, but the nutritional power of fruits also helps to energise your body. Smoothie bowls also require only a handful of ingredients, most of which are seasonally available or already lying in your pantry.

With smoothie bowls, the sky is really the limit. You can pick from an endless array of flavour-combinations and start your day in a healthy way. So, take advantage of the abundance of fruits available during this time of the year and whip up these delicious and fruity smoothie bowl recipes in no time!

DRAGON FRUIT SMOOTHIE BOWL

This smoothie bowl is packed with the goodness of strawberry, banana,

and dragon fruit. Sublime to the eyes with its lavender colour and slightly tart taste, you can play around with the toppings and add whatever your heart desires.

Ingredients

4 large strawberries
1 large banana
2 small dragon fruits
½ cup milk

For topping –

1 tbsp desiccated coconuts
¼ cup pomegranate arils
1 tbsp slivered almonds

Method

Remove the leafy parts of strawberries and cut them into halves. Peel the banana and dragon fruit and slice them as well. Blend everything together with milk until the consistency is smooth. Pour this in a bowl and top with desiccated coconut, slivered almonds, and pomegranate arils.

TROPICAL SMOOTHIE BOWL

This smoothie bowl is made with tropical fruits that are delicious to taste. Sweetness from mangoes, tartness from pineapples, and the mellowness of peaches, this one will make you come back for more. You can make it healthier by adding healthy toppings.

Ingredients

1 large mango
2 medium peaches
½ pineapple
½ cup pineapple juice
For the topping –
1 tbsp pumpkin seeds
¼ cup dried cranberries
1 tbsp chia seeds

Method

Cut the mango, pineapple, and peaches into cubes and drop them in a blender. Pour in pineapple juice and blend everything together until you get a smooth consistency. Alternatively, you can also freeze all the ingredients and blend them for a thicker consistency. Top this with pumpkin seeds, dried cranberries, and chia seeds for the perfect finish.

GREEN SMOOTHIE BOWL

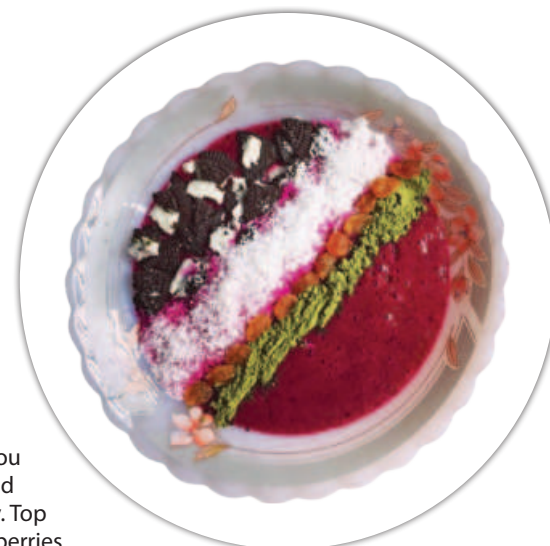
Do not let this bright green smoothie bowl fool you – it's made with a hundred percent fruits! Packed with essential nutrients from kiwi and apples, it is soothing to the tummy as it is to the eyes. If you like spinach, then you can sneak that in too!

Ingredients

2 large kiwis
2 apples

1 banana

¼ cup almond milk



For

the

topping –

1 tbsp walnuts
1 tbsp raisins
1 tbsp pistachios
Sliced kiwi wheels

Method

Slice and dice the kiwis and banana and throw them in a blender with cubed apples. Pour in almond milk to get everything going and blend until it becomes a homogenous mixture. Pour this into a bowl and top with walnuts, raisins, and pistachios. Also top with a few slices of kiwi wheels for finishing touches.

Food & Photo:
Fariha Amber

