

SMOOTHIE

BOWL MAYHEM GUIDE



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AGE DEFYING SMOOTHIE BOWL

People have understood the link between health and appearance for a long time. When you eat the right foods, it can help to keep your skin looking healthy and vital. Much of the processed food that people eat today is devoid of a large portion of the nutrients that come in natural foods. Many of these nutrients are found in delicious fruits and vegetables that can be blended in imaginative ways to create delicious dishes that you can enjoy for years to come. In the next few paragraphs you'll find some information on a healthy meal, and how to make your own at home.

Why It's Great for You

The primary reason you will want to eat this bowl, is because it's a massive ultra-punch of antioxidants. As mentioned before, they help keep the skin healthy. They also fight off free radicals that can cause cancer or permanent damage to your cells. The berries are very high in fiber, which is good for your digestive tract. They can also help improve your memory functionality, which is great for older people. Hemp seeds and chia seeds are widely known for their high protein content, which helps the body to metabolize fats more efficiently.

What You Need

- 1 frozen banana
- 1/2 cup frozen cherries
- 1/2 cup almond milk
- 1/2 fresh banana cut into coins
- fresh raspberries
- fresh cranberries
- 1 tablespoon shell-less pumpkin seeds
- 1 tablespoon coconut flakes
- 1 teaspoon chia seeds
- 1/4 cup pomegranate seeds
- 1 tablespoon hemp seeds

Take your banana, frozen cherries, and almond milk and blend it into liquid mixture. This is going to be the base of your smoothie bowl. You can place your banana slices to the side or simply drop them into the bowl. Put your fresh fruit into the bowl, then sprinkle the seeds and coconut flakes all over the entire bowl, and you will have a beautifully colored smoothie bowl that will keep your skin looking youthful and healthy!

AVOCADO KIWI BOWL

If you were to put all of the choices for food dishes in one place, the possibilities would become nearly endless. With the internet, we now have the entire world's library of food recipes at your literal fingertips, but in the end, you still have to make a choice based on what you might be looking for. If you're trying to make a healthy choice, you might want to go lighter, which is easily done in a smoothie, but what if you want something more substantial? The answer could come in the form of a smoothie bowl.

Benefits of The Avocado Kiwi Bowl

Not only do you get the light, easily digestible aspects of a smoothie, but you can also sit down with a satisfying meal without having to feel weighed down all day afterwards. Avocado is well known for its positive effect on the brain, and its heavy amount of omega 3 fatty acids. These can help to reduce the chances of developing cancer because it can fight the free radicals that cause cellular anomalies. Kiwi gives you a heavy dose of vitamins and minerals that your body needs to heal, as well as relaxing you, as well as helping to improve digestion.

Bananas are an excellent source of essential nutrients, as well as aiding in digestion. They are a great source of fiber and they add a wonderfully pleasing and thick texture to any smoothie.

Chia seeds are well known for their heavy amount of proteins, so this will pair very well with many of the other health promoting ingredients of this smoothie bowl.

How to Make It

- 1 cup kale leaves
- 1 cup almond milk
- 1 banana cut into coins
- ½ avocado
- ½ cup ice
- 1 tablespoon of agave syrup and a drizzle after preparation.
- cup raspberries
- 1 kiwi cut into sections.
- 1 teaspoon of chia seeds

Get a good blender and pour in a cup of almond milk. Add half of the sliced banana, avocado, ice, and kale leaves. Top it off with the kiwi, banana coins, sprinkle it with chia seeds, and finish it with a light and thin drizzle of agave syrup.

BANANA CREAM SMOOTHIE BOWL

Smoothies can be one of the quickest ways to get the nutrients that your body needs to repair itself and replace old cells, but it doesn't always have to be all about the health stuff! There are a lot of great smoothie bowl recipes that you can use in place of traditional sugary desserts, and satisfy those cravings for those things on the sweet side of your taste buds. If you continue reading this article, you'll find a great recipe for an amazing banana cream smoothie bowl.

Why You Should Try It

Bananas have been one of the world's most popular fruit for over one hundred years. They are great fruit for your health because they contain both vitamins and minerals, and have a high amount of soluble fiber that is excellent for the digestive tract, particularly the intestines.

They are also among the highest concentration of potassium of any fruit or vegetable. Blueberries have been world renowned for their amazing antioxidant properties, which can reduce the chances of the possibility that you could develop cancer. Berries in general have the ability to low cholesterol, and are full of fiber.

Seeds are super high in omega 3 fatty acids, they contain easily usable stores of plant proteins. These proteins have a heavy hand in helping the body to use these proteins to metabolize fats and create other energy stores that the body can access more efficiently.

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How You Make This Bowl

- 2 bananas whole
- 1 banana cut into coins
- ½ cup plain yogurt
- ¼ cup milk
- 1 tablespoon of maple syrup
- ¼ teaspoon pure vanilla extract
- ½ cup cornflakes
- 5 strawberries cut into coins
- ¼ cup blueberries
- 2 tablespoon sliced almonds
- 1 tablespoon pumpkin seeds
- 1 teaspoon chia seeds

Take your whole bananas, yogurt, maple syrup, vanilla, and dump it into the milk and blend it into a liquid. Dump the mixture into a bowl so you can add the toppings. Place the cut-up fruit on the surface of the smoothie. Dump the blueberries on top or next to the cut fruit. Sprinkle the seeds on top of the pile and sprinkle the almonds last.

BLUEBERRY FLAX SMOOTHIE BOWL

The wonderful thing about smoothie bowls is that even though they are extremely healthy, they will always come in the form of delicious and tasty fruit mixes. What's even more exciting is that some of these brilliant recipes can even contain cacao, which is a natural, healthy, extremely pure form of chocolate. It has a range of positive benefits much like many of the other ingredients in this particular smoothie bowl. If you continue reading, you'll find a few facts about this smoothie, and the instructions on how you can make one at home.

Why You Need To Try One

This amazing blend of healthy ingredients is sure to provide with a ton of energy, and sickness protection. Blueberries are a great source of antioxidants and vitamins that they body needs so that it can keep cells fed and make it so that damaged overworked cells can be replaced. Berries also have the benefit of being able to lower cholesterol in the blood, improving circulation in the body. This can help to prevent cardiac issues that can lead to strokes of heart attack. The flax is high in omega 3 fatty acids, which are amazing anti-inflammatory agents. Flax is also extremely high in fiber.

Out of all of the ingredients, cacao is by far the most interesting. Counted as one of the great superfoods, cacao is well known for its extremely high amount of antioxidants, and for its ability to energize someone who eats it. Cacao is not heavily processed and so this has a lot to do with why it retains so many of its nutrients.

How to Make It Yourself

- 1 frozen banana
- ½ cup frozen blueberries
- ½ cup almond milk
- 2 teaspoon ground flax
- 4 teaspoon cacao nibs reserve 2 tsp for topping
- 1 teaspoon goji berries

- 1 teaspoon coconut flakes unsweetened
- 1 teaspoon hemp seeds
- 8 blueberries

Pour the almond milk, frozen banana, and frozen blueberries in the blender and liquify the mixture. Stir in the 2 teaspoons of flax and 2 teaspoons of cacao nibs until mixed in thoroughly. Pour the mixture into a bowl, and place the 8 blueberries in the center of the bowl. Sprinkle the hemp seeds, coconut flakes, goji berries, and remaining cacao nibs on the surface of the smoothie.

MANGO COCONUT SMOOTHIE BOWL

Have you ever had a smoothie bowl? If you have seen or heard of them, you know that they can be pretty amazing arrangements of fruits and vegetables

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that come together to make beautiful and healthy dishes. When first learning about how to make one of these bowls, it may seem complex and somewhat daunting, but you can sure that you will be able to follow this recipe. The Mango coconut smoothie bowl is fairly simple and requires only a few minutes to get started. This article will be exploring some the of great health benefits and how to make your own.

Why It's Awesome

This smoothie bowl doesn't have as many ingredients as some other more elaborate bowls, but it's still a contender. This bowl has a lot to offer in the way of omega 3 fatty acids and protein from the seed toppings. Protein helps the body to metabolize fats and other useful building blocks of your cells. Chia seeds also have a good amount of zinc, and potassium along with a few B vitamins. Mango is known for helping the functionality of the digestive tract. Mango has recently been found to help to reduce the appearances of cancer in some patients. They are excellent at helping people to maintain healthy cholesterol levels, and contain nutrient mixes that are effective at improving eyesight. Lemon juice will accompany the mango with its content of vitamin C. Citric acid is also great for the skin and digestion.

How You Make It

- ½ lemon juice with no pulp
- ½ cup filtered water
- ½ cup coconut milk
- 1 cup frozen mango chunks
- 1 banana frozen or chilled
- 2 teaspoons chia seeds
- 2 teaspoons toasted sesame seeds

Blend the water, coconut water, and lemon juice with the banana, and frozen mango until it's a thick liquid. Then take the chia and sesame seeds and sprinkle them over the entire bowl as you see fit. After that, all you need is a spoon to enjoy this healthy, sweet, protein packed treat!

PEACH BERRY BOWL

When you're looking for a good light healthy breakfast, there are a number of things to choose from, but one of the best things that you can eat will always be the powerful and nutritional simplicity of a smoothie bowl. A tightly arranged grouping of carbs, proteins and antioxidants can help you to get your day started off properly, and give you energy throughout the entire day, but what kind of smoothie bowl should you choose? The next few paragraphs will be exploring the Peach Berry bowl, and why it's an excellent choice for your breakfast!

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Why You Want It

Not only is this bowl packed with delicious flavors that will dance in your mouth, but it'll deliver a healthy dose of all sorts of nutrients that your body needs to have a good day. Peaches are high in a variety of trace minerals, as well as the fact that they aid several different systems in the body such as eye sight, and the nervous system. They also have many positive effects on blood health due to their iron content and its role in blood cell formation. The black and blueberries are extremely high in antioxidants and they have a strong effect on the skin and general health. Overall, this smoothie is a heavy promoter of cardiovascular health because it also lowers blood pressure and helps to lower cholesterol.

What Goes in It

- ¼ cup of water or pineapple juice
- ¼ cup orange juice
- 1 ½ cups frozen peaches
- 1 banana
- ½ cup blackberries
- ½ cup blueberries
- ¼ cup walnuts
- 2 tablespoons hemp seeds
- Honey

Blend the juices, banana, and peaches. Pour the liquid into a bowl and top it with the berries, walnuts and hems seeds. Once it is arranged the way that is pleasing to you, drizzle the bowl with a thin line of honey zig zagging in a pattern

that creates a grid. Then you can enjoy your creation with a spoon for a healthy breakfast.

STRAWBERRY ALMOND SMOOTHIE BOWL

Smoothies are a great way to get a wide range of really beneficial nutrients. The only thing that might be an issue with them, is if they aren't very substantial, and it would be good if they could completely replace a conventional breakfast or lunch. One way to do this is by making a smoothie bowl. A smoothie bowl can contain a lot more textures and can easily replace a meal if it contains all of the things that you need. This article will be about the Strawberry Almond Smoothie bowl and some of the reasons you might want to give it a serious try.

Why It's Great

Although kale has a very distinct taste, it quickly becomes a favorite for many people who love smoothies. Kale is very high in fiber, as well as iron, and antioxidants. It also has powerful anti-inflammatory properties. This makes it a great ally in the fight against joint soreness and other ailments caused by inflammation. It's also high in vitamin A, which is great for skin issues and cellular health. Bananas are extremely high in potassium, which is very important for metabolic functionality, blood pressure and heart health. The high protein content of the chia seeds will help your body to metabolize fats, and lower cholesterol.

What You Need

- 1 cup plain almond milk
- 2 teaspoons light agave
- 1 cup chopped kale
- 1½ cups frozen mixed berries
- ½ frozen banana
- ½ banana cut into coins
- ¼ cup blueberries
- 2 strawberries, sliced into cubes or coins
- 1 tablespoon chia seeds
- 2 tablespoons sliced almonds
- ¼ cup honey granola

Blend the almond milk, kale, agave, mixed berries, and banana into a liquid. Be sure that the fruit at that stage is frozen or you will have to add ice to achieve the proper texture and temperature. Put the mixture into a bowl and then add the toppings on the list. These will include: the coined bananas, the strawberries, chia seeds, sliced almonds and honey granola.

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STRAWBERRY CHIA SMOOTHIE BOWL

Have been looking for a simple yet delicious and vitamin packed idea for a smoothie bowl?

You might want to check this recipe out for the strawberry chia smoothie bowl. One of the greatest things about smoothie bowls, is that they are very easy on the stomach and digestion. This means that you'll be able to process the food in your gut in a more efficient way than a hunk of meat, or processed bready things from the store. If you continue reading, you will find a few facts, and an informative explanation of how to make this bowl at home for yourself.

Why You Should Try It

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High cholesterol is fairly common among adults these days, but berries of all types can greatly help to improve your cholesterol levels. Studies have shown that ingesting berries regularly can make a significant impact on the amount of cholesterol that accumulates in your blood. As always, bananas are a major contributor of potassium to your diet. They also contain a very accessible store of soluble fiber, and well as other common nutrients.

Chia seeds are an excellent source of protein, and omega 3 fatty acids. Many of which carry anti-inflammatory properties. Omega 3 fatty acids have been known to lower elevated triglyceride levels, which if allowed to accumulate unchecked can cause plaques that block the flow of blood from its destination, which could manifest into a stroke. Keeping these pathways open and free flowing will reduce the risk of heart issues and blood deficiency.

How You Make It

- 1 cup organic strawberries
- 1 sliced frozen banana
- 3/4 cup milk
- 1 teaspoon of vanilla
2 teaspoon honey
- 2 tablespoons chia seeds
Thick sliced strawberries, bananas, and almonds for toppings

Get your strawberries, milk, vanilla, honey, and blend them together until they have a smooth texture. Arrange the bananas, and sliced strawberries for toppings. Sprinkle the chia seeds on top of everything.