

# SPINACH SMOOTHIE BOWL

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## BEST FOR

- Morning Detox Drink
- Breakfast

- Lunch
- Mid-Meal

- Dinner
  - An Occasional Breakfast
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*This smoothie bowl is delicious and simple, requiring just 10 minutes to make. It is raw and only made using fruits and vegetables. But despite that, you should know that it makes for a big breakfast, and should only be eaten occasionally.*

## INGREDIENTS

SERVES 2. MAKES 600 ml

- 4 frozen bananas
- ¾ cup shredded coconut
- 2 cups of spinach
- 4 dates, seedless
- ½ teaspoon cinnamon powder
- 2 teaspoons lemon juice
- Any seasonal fruits and nuts for topping

## PRE-PREPARATION

Take 4 bananas, peel, slice and put in the freezer for about 5-6 hours.

## METHOD

1. Place the shredded coconut, spinach, dates, cinnamon, lemon juice and frozen bananas in a blender and blend until smooth.
  2. Pour this smoothie base into bowls, and top with any fresh seasonal fruits and nuts. I used kiwi, strawberries, grapes, almonds, sunflower seeds and chia seeds.
- **Tip** Nuts and seeds are great to add texture to your bowl, but eat them minimally as they are water-poor in nature. Focus on fresh, water-rich fruits for your topping.
  - **Tip** Don't forget to freeze your bananas. They are key to achieving a good texture for your smoothie base.