



## **Tart Apple Berry Ginger Smoothie Bowl with Superseed Swirls**



*Smoothie bowls are a trendy take on serving a smoothie – but there’s actually merit to this trend! By serving your smoothie in a bowl topped with lots of chewy, crunchy chunks, you’re forced to slow down and chew. Chewing activates enzymes and reactions in your mouth and digestive system, allowing for better, more complete digestion and assimilation of the nutrients you ingest, and improving feelings of satiety when you’re done.*

*This version features high-fibre, high-antioxidant apple and berries, along with high-omega, high-protein seeds and nuts for complete balance.*

### **Ingredients:**

#### *Smoothie:*

- 1 cup frozen organic raspberries
- 1 organic granny smith apple, seeded and cut into chunks
- 1 scoop plain or vanilla plant-based protein powder + greens (such as Vega or VegEssential)
- ¼ tsp. organic ground ginger, or 1” piece fresh peeled ginger root
- 1 Tbsp. (or serving size) vegan omega-3 oil
- 1 Tbsp. organic goji powder, optional
- ¾ cup almond or coconut milk
- ¾ cup water

#### *Toppings:*

- 1 Tbsp. organic whole chia seeds
- 1 Tbsp. hemp seeds
- 1-2 Tbsp. organic shredded coconut
- ¼ cup organic raw or roasted mixed nuts (I used Prana Go Nuts maple roasted nut mix)
- Anything else you’d like: dried or fresh fruit, cacao nibs, goji berries, banana slices, etc.

### **Directions:**

Add the smoothie ingredients to your blender or food processor and blend until smooth.

Pour into a soup bowl.

Sprinkle toppings in any arrangement you like! Serve with a spoon.

*Pressed for time? Blend everything, including toppings, and serve in a glass/travel tumbler as usual.*