



# Smoothie Bowl

Serves 3-4

## Granola Steps

1. Preheat oven to 350°F. Line a sheet pan with parchment paper.
2. In a large bowl combine oats, ground flax seed, cinnamon and salt.
3. In a large measuring cup measure the canola oil first, followed by maple syrup, honey and vanilla (this helps the honey glide out easily from the cup). Stir well.
4. Pour the oil-honey mixture over the oat mixture and stir well ensuring all the oats are covered with the oil-honey. Spread the mixture out evenly onto the baking sheet pan and bake for 15 minutes. Using a spatula, carefully stir granola and spread it out again. Lower temperature to 300°F and continue to bake for another 15 minutes. Turn oven off and leave granola in for another 15 minutes. Remove from oven and let it fully cool on the sheet pan.
5. Remove granola from pan into a large bowl and add the chopped cashews - if using. Stir well. Allow to fully cool before using on your smoothie bowl. Keep leftovers in an airtight container for up to two weeks.

## Granola Ingredients

2 cups whole grain rolled oats  
2 tablespoons ground flax seeds  
1 teaspoon cinnamon  
½ teaspoon kosher salt  
⅓ cup canola oil  
1 tablespoon maple syrup  
¼ cup honey  
1 teaspoon pure vanilla extract

2 cups of your favorite dried fruits (I like using chopped pitted dates, chopped dried cherries and chopped apricots)

½ cup unsalted cashews, chopped (optional)

## Smoothie Bowl Ingredients

½ cup any milk  
3 cups frozen berries (I use a mix of blackberries, strawberries, raspberries and blueberries)  
1 ripe banana  
2 tablespoons protein powder  
1 tablespoon chia seeds

Handful of fresh berries, slices of banana  
Shredded coconut, if desired

## Smoothie Bowl Steps

1. Pour milk into the blender. Add the frozen berries and banana. Blend until mixture is smooth. You may need to add more milk if your blender is stuck. Add the chia seeds and protein powder and blend until smooth.
2. Remove from blender to 3-4 bowls. Top with granola, berries, banana slices and toasted coconut, if desired. Serve immediately.