A bowl of banana and blueberries with a bottle of milk and a spoon

AI-generated content may be incorrect.**Berry Woke Smoothie Bowl 🍓🥥**

(Plus, Waffle/Pancake Remix)

Berry Woke Smoothie Bowl

* ½ frozen banana
* ½ cup frozen blueberries
* ½ cup frozen strawberries
* ½ cup plant milk
* 1 scoop vegan protein powder (optional)
* Toppings: granola, chia seeds, hemp seeds, sliced fruit, shredded coconut

**Toppings:**  
Granola, chia, hemp seeds, sliced fruit, shredded coconut

**Instructions:**  
**Detailed Instructions**

**For the Smoothie Bowl**

1. **Prep your ingredients**
   * ½ frozen banana
   * ½ cup frozen blueberries
   * ½ cup frozen strawberries
   * ½ cup plant milk (almond, oat, soy, etc.)
   * 1 scoop vegan protein powder *(optional for extra staying power)*
2. **Blend until thick**
   * Add everything to a high-speed blender.
   * Blend on low, pushing down with a tamper if needed.
   * You’re aiming for a soft-serve ice cream consistency, not runny smoothie texture.
3. **Pour & decorate**
   * Pour the thick mixture into a bowl.
   * Arrange toppings in pretty rows or clusters: granola, sliced fruit, chia seeds, hemp seeds, shredded coconut.
   * A person pouring a smoothie into a bowl

     AI-generated content may be incorrect.Snap a photo for Instagram before digging in — because you’ll want to remember this moment.

**For the Waffle/Pancake Remix**

1. **Use the same base**
   * Blend the smoothie ingredients just as above but add **an extra ¼ cup plant milk** to make the batter slightly thinner.
2. A waffle with berries and whipped cream on a plate

   AI-generated content may be incorrect.**Waffle version**
   * Preheat your waffle iron.
   * Grease lightly with coconut oil or spray.
   * Pour in the batter and cook until golden and crisp on the outside.

♻️ No waffle maker? Make pancakes instead.

A stack of pancakes with berries and syrup on top

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1. **Pancake version**
   * Heat a non-stick skillet over medium heat.
   * Lightly oil, then pour batter in small circles.
   * Cook until bubbles form on top, flip, and cook until golden.
2. **Top it off**
   * Use the same toppings as the smoothie bowl: berries, banana slices, granola, coconut, drizzle of maple syrup.

**Fun Facts**

* **Blueberries are brain food** — they’re rich in antioxidants that can help improve memory and focus. Perfect way to start the day sharp.
* **Bananas are nature’s sweetener** — they add creaminess and sweetness without refined sugar.
* **Chia seeds are hydrating** — they absorb up to 10× their weight in water, which helps you feel fuller longer.
* The smoothie bowl trend started in Brazil with **açaí bowls** and became a global breakfast phenomenon.
* You can make **smoothie pancakes/waffles** by simply adding the same blended fruit mixture into a hot waffle iron or skillet — no extra fuss!

**Daily Quote**

*"Eat food that loves you back."* — Anonymous