



## The Health & Wellbeing Studio

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### Breakfast Smoothie Bowl

As the weather warms up, porridge can be a bit too heavy for hurried mornings. But dedicated porridge-eaters will know that it can be a tough transition to lighter, summery breakfast options. We've developed a breakfast recipe that ticks all the boxes – creamy, sweet, fruity and light – but still filling and will keep those blood sugar levels tame until lunchtime!

Oats are a fantastic breakfast choice, packed with B vitamins for energy production and a good mood food, plus protein and fibre which helps to slow down digestion meaning that the energy from the carbohydrates are broken down more slowly for more sustained energy.

- Family friendly
- Gluten free options
- Dessert
- Supper
- Salicylate friendly options
- Beverage
- Cooking with Kids
- Nut free options
- Snack
- Lactose Free Option
- Dairy Free Options
- FODMAP Friendly
- Vegan options
- Vegetarian
- Breakfast
- Amine

Preparations time: 5-10mins

Serves: 2

### Ingredients

- 1 cup water
- ½ cup natural yoghurt (dairy, goat, soy or coconut)
- 2 cups rolled oats or quinoa flakes
- 2 frozen banana, chopped into chunks
- 1 tsp cinnamon
- 1 tsp raw honey
- 1 cup baby spinach, optional
- 1 tsp coconut or flaxseed oil, optional
- ½ tsp turmeric, optional

#### *To serve:*

- Coconut milk (or milk of choice)
- Peanut (or other nut) butter
- Toasted coconut
- Pumpkin seeds
- Berries

## Instructions

1. In a blender add the water, yoghurt, oats, banana, cinnamon and honey, and the spinach, coconut oil and turmeric if desired. Blend until smooth, adding more water or milk of choice (we used coconut milk) to thin if necessary.
2. Pour the smoothie into a bowl.
3. Decorate with your favourite toppings such as a blob or two of natural nut butter, toasted coconut flakes, pumpkin seeds or some fresh or frozen berries.

## Alternatives

Salicylate friendly options, omit the cinnamon and avoid the optional extras. Swap the honey for maple syrup, and top with cashews, pacans and slices of golden delicious apples or papaya.

For a FODMAP friendly option, use a lactose free yoghurt, use quinoa flakes instead of oats, use rice malt syrup instead of the honey.

For a low amine smoothie, swap the banana for peaches or nectarines, the honey for rice malt syrup and omit the cinnamon. Avoid the optional extras and top with raw cashews, chia and pumpkin seeds.

Ensure you are selecting gluten free oats if gluten is an issue, alternatively, swap the oats for another gluten free grain such as quinoa flakes.

For a dairy and lactose free option, use a lactose free yoghurt and milk such as coconut.

For a vegan option use coconut milk and yoghurt, and replace the honey with maple or rice malt syrup.

You could also add in your favourite nutrient supplement such as maca, acai, cacao nibs, spirulina, bee pollen (be aware of allergies)

For a nut free option, avoid the nut butter as a topping or swap for a seed butter.

Or add 1-2 tbsp cacao to the smoothie mix for a choc banana version.