

ONE BITE

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Vegan Options in Auckland, NZ

Smoothie Bowl

By Elena Szeliga

Easy and delicious 5-minute smoothie bowl recipe with customizable ingredients. Kid-friendly, nutritious and satisfying vegan breakfast, dessert or snack.

Ingredients

- 2 cups frozen blueberries
- 1 cup light coconut milk
- 2 tablespoons chia seeds
- 1 tablespoon flax seeds
- 3 tablespoons rolled oats
- 1 tablespoon Homestead Organic Maple Syrup
- 2 tablespoons coconut flakes, to serve
- frozen blackberries and blueberries, to serve
- a handful pecans, to serve

Instructions

1. Blend frozen blueberries, light coconut milk, chia seeds, flax seeds, rolled oats and maple syrup until smooth. Divide into bowls and top with coconut flakes, frozen blackberries and blueberries and pecans. Enjoy!





About the author...

My name is **Elena Szeliga**. I am the Germany-based recipe developer, cook and photographer behind the food blog Happy Kitchen. Rocks. My blog is all about whole, seasonal, delicious and healthy international food that is easy to make. You will find a lot of healthy Russian and Eastern European recipes on my blog, as well as easy weeknight dinners and delicious and healthy desserts.

