

# Vegan Beet Smoothie Bowl

Vibrant vegan beet smoothie bowl packed with antioxidants, fiber, and nutrients. Ready in 15 minutes with customizable toppings for a healthy breakfast.

15 min

PREP

15 min

TOTAL

1

SERVINGS

Easy

DIFFICULTY

## Ingredients

- 1 cup blackberry
- 1 beet
- 1 banana
- 1 tbsp chia
- 2 spinach
- 1 cup coconut milk

## Instructions

- 1 Prepare the beet**

Peel 1 raw beet and cut into 1/2-inch cubes to help your blender process it more easily.
- 2 Blend the smoothie**

Add the cubed beet, 1 frozen banana, 2 blackberries, 1 cup spinach, 1 tablespoon chia seeds, and 1 cup plant milk to a high-speed blender.
- 3** Blend on high speed for 60-90 seconds until completely smooth and no beet chunks remain, stopping to scrape down the sides if needed.
- 4 Thicken the smoothie**

Transfer the smoothie to the refrigerator and chill for 10 minutes to allow the chia seeds to absorb liquid and thicken the mixture.
- 5 Serve**

Pour the thickened smoothie into a bowl and add your choice of toppings like granola, fresh berries, nuts, or coconut flakes.

## Tips

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Use frozen banana for the creamiest, ice cream-like texture without needing to add ice.

Peel raw beets and cut into small cubes for easier blending and smoother consistency.

Wear gloves when handling beets to prevent staining your hands and work surfaces.

Start with minimal liquid and add gradually to achieve the perfect thick, spoonable consistency.

Pre-freeze your smoothie toppings like berries and banana slices for extra texture contrast.

Blend ingredients in order of hardest to softest for the smoothest results.

Add a pinch of salt to enhance the natural sweetness of the fruits and balance flavors.

Let the blended smoothie rest in the refrigerator for 10 minutes to thicken before adding toppings.