

Vegan Pancarlı? Smoothie Bowl

Vibrant vegan beetroot smoothie bowl packed with nutrients. Ready in 15 minutes with beetroot, berries, banana, and chia seeds for a healthy breakfast.

15	15	1	Easy
HAZIRLIK DK	TOPLAM DK	PORSİYON	ZORLUK

Vegan Pancarlı? Smoothie Bowl

Malzemeler

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

Yapılış

- 1 Prepare the beetroot**
Peel 1 fresh beetroot and cut into 1-inch cubes for easier blending.
- 2 Blend the smoothie base**
Add the cubed beetroot, 1 frozen banana, 1 cup frozen blueberries, 1 tablespoon chia seeds, and 2 tablespoons spinach to a high-speed blender.
- 3** Pour in 1 cup plant milk and blend on high speed for 90-120 seconds until completely smooth and thick like soft-serve ice cream.
- 4** Check consistency by lifting the blender lid - the mixture should hold its shape when spooned but still be creamy. Add more plant milk 1 tablespoon at a time if too thick, or add more frozen fruit if too thin.
- 5 Serve**
Pour the smoothie into a chilled bowl and serve immediately with desired toppings like granola, fresh berries, or nuts.

İpuçları

Use frozen banana for the creamiest texture – it acts as a natural ice cream base.

Start with less liquid than you think you need; you can always add more for desired consistency.

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

Blend on high speed for at least 60 seconds to ensure completely smooth texture, especially when using raw beetroot.

Prepare toppings before blending so your smoothie bowl doesn't melt while you're getting organized.

Add spinach gradually if you're new to green smoothies – start with a handful and increase over time.

For extra protein, add a tablespoon of nut butter or plant-based protein powder during blending.

Chill your bowl in the freezer for 10 minutes before serving to keep the smoothie cold longer.