



# Pro Green Smoothie Breakfast Bowl

Ok, this is my first smoothie breakfast bowl, and I must say that it was very delicious and filling. This nutritious breakfast is vegan-friendly. There are sometimes I prefer to chew my breakfast and smoothie does not cut it, so with some recommendations from my nutritionist I created this breakfast bowl.

## Ingredients

3 cups spinach

1/4 Haas avocado

1/3 cups yogurt

1 scoop [Amazing Grass protein superfood – pure vanilla](#)

3 dates soaked overnight

2 Tbsp [chia seeds](#)

2/3 cups water

## Directions

Blend all the above ingredients. I use a [Vitamix](#), which I use the soup option to get the smoothie a bit warm after all this is breakfast :-). When well blended at in a bowl, the wider the better. Then add each of these ingredients. Enjoy

When well-blended pour in a bowl, the wider the better. Then add each of these ingredients. Enjoy

## Additions: per bowl

1 Tbsp oats

1 Tbsp [ground flax seed](#)

1 Tsp quinoa flakes

1 Tbsp [hemp hearts](#)

1 cup strawberry

1/2 cup blueberry

Note: I use only organic ingredients