



A JOYFUL MORNING:
A COLLECTION OF PLANT-
BASED SMOOTHIE BOWLS

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A JOYFUL MORNING: GLUTEN + DAIRY FREE SMOOTHIE BOWLS

By Mandi Pimental of NoshandNurture.com

Smoothie Bowls are a NUTRIENT DENSE, easy and fun way to begin the day. As a busy mama of two seeking meals that pack the ultimate nutritional punch, smoothie bowls make our meal plan rotation all throughout the week in every season. I hope this book blesses you and your families as well!

The instructions for all smoothie bowls, unless additional steps are noted, is to put all ingredients in a blender, transfer to bowl, add toppings of your choice and enjoy immediately!

A note: For smoothie bowls that call for NUTS in the SMOOTHIE BOWL (not the toppings) – PRE SOAK NUTS FOR 30 MINUTES before blending to soften!

For more nutritious, allergen-friendly recipes visit www.NoshandNurture.com or tune into The Clean Plate with Mandi on Amazon Prime Video or Roku TV

PINEAPPLE MANGO

For the smoothie bowl:

1 C. Frozen Pineapple

1 C. Frozen Mango

1 Banana

¼ C. plant based milk or ½ c. plant based plain yogurt

Topping Suggestions:

Raspberries, Mango, Kiwi, GF Granola

MORNING FROSTY

For the smoothie bowl:

1/2 cup pre-soaked walnuts or cashews

1/2 cup almond milk, coconut milk, water or coffee

1 sliced frozen banana

2 tablespoons cocoa powder

1/2 teaspoon vanilla extract

honey or agave for vegan, to taste

Topping Suggestions:

Shaved chocolate, nuts

THE BLUE BANANA

For the smoothie bowl:

3 frozen bananas
1/2 tsp blue spirulina
1/2 cup spinach
1/4 cup unsweetened plant based milk

Topping Suggestions:

shredded coconut, banana slices, slivered almonds

COOKIES + CREAM DREAM

For the smoothie bowl:

1/4 cup unsweetened plant based milk
3 frozen bananas
2 tsp vanilla
4 crushed GF oreos or GF sandwich cookie
big scoop of nut butter (optional)

Topping Suggestions:

bananas, extra cookies



STRAWBERRIES + BANANAS

For the smoothie bowl:

- 1 cup unsweetened plant based milk
- 2 cups frozen strawberries
- 2 bananas
- 4 pitted dates

Topping Suggestions:

crunchy GF granola, strawberries, bananas

CHOCOLATE + VEG

For the smoothie bowl:

2 cups spinach
½ cup frozen cauliflower
½ cup frozen blueberries
2 tbsp raw cacao
1 scoop vegan protein
¼ cup liquid of choice

Topping Suggestions:

chocolate chips, nuts, nut butter, coconut shreds

PAPAYA SMOOTHIE BOWL

For the smoothie bowl:

3 frozen bananas
1 C. frozen papaya, chunks
¼ C. frozen strawberries
a splash of coconut milk

Topping Suggestions:

fresh papaya, fresh guava, coconut meat, bananas

WATERMELON WONDER

For the smoothie bowl:

- 1 C. fresh watermelon
- ½ C. frozen strawberries
- 2 C. frozen mango

Topping Suggestions:

chocolate chips, nuts, nut butter, coconut shreds

MANGO BOWL

For the smoothie bowl:

- 1 cup pineapple, frozen
- 1 cup mango, frozen
- 1 banana
- ¼ C. plant based milk

Topping Suggestions:

mango, pineapple, banana, coconut



BANANA AND BLUBES

For the smoothie bowl:

- 3 frozen bananas
- 1 cup frozen blueberries
- 2 tbsp chia seeds (optional)
- 1/2 tsp vanilla extract
- 2/3 cup plant based milk

Topping Suggestions:

blueberries, coconut flakes, banana

CHOCO CHERRY BOWL

For the smoothie bowl:

- 1 frozen ripe banana
- 1 cup frozen pitted cherries
- 2 tbsp cocoa or cacao powder
- 1/2 cup plant based milk

Topping Suggestions:

cherries, chocolate shavings, coconut, banana

BEETS + BERRIES

For the smoothie bowl:

- 2 ripe frozen bananas
- 1 cup frozen strawberries
- 1 beet, peeled (raw or cooked)
- 2 tbsp chia seeds (optional, if well tolerated)
- 1/2 cup coconut milk

Topping Suggestions:

pumkin seeds, beets, berries, nuts

CARAMEL SEA SALT

For the smoothie bowl:

- 4 frozen bananas
- 4 dates
- 1 tbsp nutbutter
- a pinch of sea salt

Topping Suggestions:

rock salt, GF granola, nut butter, bananas, dates



APPLE PIE SMOOTHIE BOWL

For the smoothie bowl:

- 1 red or green apple, cored and chopped
 - 1 frozen ripe banana
 - 1/4 cup GF oats
- 2 medjool dates, pitted
- 1/2 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1/8 tsp ground ginger
- 1/8 tsp ground nutmeg
- 1/3 cup plant based milk

Topping Suggestions:

dates, GF granola, apple, nut butter

LEMON CHEESECAKE BOWL

For the smoothie bowl:

- 2 C. frozen pineapple
- 2 frozen bananas
- Juice from 1 lemon
- 3/4 C. Coconut Milk or Coconut Cream

Topping Suggestions:

coconut flakes, lemon wedges, cashews

CHOCOLATE CHEESECAKE BOWL

For the smoothie bowl:

3 frozen bananas
¼ C. Coconut Yogurt
¼ C. soaked cashews
2 TBSP. Cacao Powder
2 Medjool Dates
½ tsp. vanilla protein powder or vanilla extract
¼ tsp. sea salt

Topping Suggestions:

chocolate chips, almonds, bananas, cherries, raspberries

NUT BUTTER CUP

For the smoothie bowl:

2 frozen bananas
1 TBSP. nut butter
2 dates
1 TBSP. Cocoa powder
splash of plant based milk

Topping Suggestions:

dairy-free nut butter cups, chocolate shavings, nut
butter



GREEN MACHINE DETOX BOWL

For the smoothie bowl:

1 banana

1 cup frozen cauliflower

1 scoop vegan protein powder

1/2 – 1 teaspoon spirulina powder

1 tablespoon coconut flakes

1/4 cup plant based milk

Topping Suggestions:

flax seed, chia seeds, coconut, banana

CARROT CAKE SMOOTHIE BOWL

For the smoothie bowl:

- 1 large banana
- ½ cup carrot juice
- ½ cup ice
- 4 medjool dates, pitted
- ¼ tsp vanilla extract
- ¼ tsp ground cinnamon
- ¼ cup pre-soaked walnuts

Topping Suggestions:

vanilla baked carrots, cinnamon, nut butter, vegan cream cheese, bananas, nuts

BROWNIE BOWL

For the smoothie bowl:

- 4 frozen bananas
- 2 TBSP cocoa powder
- 2 TBSP. vegan vanilla protein powder
- 1 TBSP. nut butter
- 1/3 C. plant based milk

Topping Suggestions:

chocolate drizzle, berries, GF/DF brownie bites

RAINBOW IN THE SKY

For the smoothie bowl:

2 frozen bananas
½ C. wild blueberries
1/3 C. coconut meat
1 ½ tsp blue spirulina powder
¼ cup coconut milk

Topping Suggestions:

diced strawberries, mango, kiwi, apricots, blackberries
and red grapes to form the “rainbow in the sky”

PUMPKIN PIE

For the smoothie bowl:

4 frozen bananas
½ C. pumpkin puree
1 tsp. pumpkin spice
½ tsp cinnamon
¼ c. plant based milk

Topping Suggestions:

pumpkin seeds, dairy free whipped cream, chocolate
chips

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