



### **Banana Strawberry Smoothie Bowl**

Serve a smoothie soup bowl for breakfast, brunch, or lunch

1/2 cup plant-based milk  
1/4 cup plant-based or Greek vanilla yogurt  
1 large ripe banana, peeled, frozen, cut into chunks  
1/2 cup frozen sliced strawberries  
1/4 cup raspberry, cranberry, or white grape juice  
1 Tablespoon strawberry natural jam  
1 Tablespoon hulled sunflower seeds  
Garnish: thin strawberry slices; sunflower seeds

- In a blender, place milk, yogurt, and banana. Cover; blend until smooth. Pour into 2 cup glass bowl; set aside.
- In the same blender, combine 1/2 cup strawberries, juice, and jam, and 1 Tablespoon sunflower seeds. Cover; blend until smooth. Pour strawberry mixture on top of banana mixture in a glass. Using a spoon, swirl the strawberry mixture through the banana mixture.
- Garnish with additional strawberries and sprinkle with a few sunflower seeds as desired. Serve immediately. Serves: 1 bowl serving

**Cook's Note:** A protein powder can be added, if desired. We like to serve the applesauce in a bowl with a scoop of vanilla yogurt and some Crunchy Granola Nut Brittle.

**About the Recipe:** Smoothies make the most delicious soups to serve as a brunch or lunch course. This creamy, strawberry swirled smoothie is as pretty as a sunshine day and sure to keep you energized. And yes, you can also serve it in a large glass too.