

# Midwest Bali Bowl

Serves 2

## Ingredients



### SMOOTHIE

- 2 cups *Baby Kale & Spinach*
- 2 cups frozen *Banana and Strawberry Mix*
- 2 packets *Acai Fruit Smoothie Mix* (equates to  $\frac{2}{3}$  cup)
- 2 packets *Coconut Fruit Smoothie Packs* (equates to  $\frac{2}{3}$  cup)
- 2 Tbsp *Chia Seeds* whole or ground
- 2 Tbsp *Flaxseed* whole or ground
- 2 cups *Organic Coconut Milk* (ensure free of additives)
- Water (optional if too thick after blending)

### SMOOTHIE BOWL TOPPINGS

- 2 *Bananas* chopped (1 per bowl)
- 1 cup *Frozen Blueberries* ( $\frac{1}{2}$  cup per bowl)
- 2 Tbsp *Unsweetened Coconut Flakes* ( $\frac{1}{2}$  Tbsp per bowl)
- 4 *Dates* chopped (2 per bowl)
- $\frac{1}{2}$  cup *Cashews* chopped ( $\frac{1}{4}$  cup per bowl)

### SMOOTHIE BOWL DRESSING

- 2 Tbsp *Almond Butter*
- 2 Tbsp *Raw Honey*
- *Water* or *Plant Based Milk* as needed to liquify

## Instructions

### SMOOTHIE

1. Add *Baby Kale & Spinach*, frozen *Bananas*, frozen *Strawberries*, *Acai Fruit Smoothie Mix*, *Coconut Fruit Smoothie Packs*, *Chia Seeds*, *Flaxseed*, and *Organic Coconut Milk* to the blender.
2. Blend until smooth and creamy.
3. Add small amounts of water as you go if it is still too thick.
4. Pour **Smoothie** into 2 separate bowls.

### SMOOTHIE BOWL TOPPING

1. Cut **Bananas** in half lengthwise and then slice into bite size pieces.
  - a. Put 1 chopped **Banana** on top of each smoothie bowl.
2. Sprinkle ½ cup of frozen **Blueberries** on top of each smoothie bowl.
3. Add 1 Tbsp of **Unsweetened Coconut Flakes** on top of each smoothie bowl.
4. Cut **Dates** in half lengthwise and then slice into bite size pieces.
  - a. Put 2 chopped **Dates** on top of each smoothie bowl.
5. Cut **Cashews** into bite size pieces.
  - a. Put ¼ cup of chopped **Cashews** on top of each smoothie bowl.

## **SMOOTHIE BOWL DRESSING**

1. Add **Almond Butter** and **Raw Honey** into a small bowl
2. Add **Water** or **Plant Based Milk** 1 Tbsp at a time until it becomes a smooth and creamy drizzle.
3. Drizzle spoonfuls of this mixture over each smoothie bowl.

**SERVE & ENJOY!** 😊

Recipe made for *Feel Better Eating* with love from *The Staniers*

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