

Breakfast Smoothie Bowls

Makes
4 servings

Prep time
5 minutes

Good source of
Fiber
Calcium
Potassium

Contains No
Saturated Fat
Added Sugar

Ingredients:
4 cups frozen mango, cut into chunks, separated
6 cups frozen papaya, cut into chunks, separated
1 cup non-fat milk
¼ cup granola (*recipe below*)

Ingredients for Homemade Granola:
2 Tbsp. honey
½ tsp. vanilla extract
½ cup water
½ tsp. ground cinnamon
2 Tbsp. vegetable oil
¼ tsp. salt
4 cups quick oats

Nutrition Facts

4 servings per container
Serving size 1.5 cups (447g)

Amount per serving
Calories 220

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 53g	19%
Dietary Fiber 6g	21%
Total Sugars 42g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 1mcg	6%
Calcium 136mg	10%
Iron 1mg	6%
Potassium 769mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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Directions:

1. Set aside about ½ cup each of mango and papaya for use as a topping.
2. In a blender, combine the remaining frozen mango, frozen papaya, and milk. Blend on high for 1 to 2 minutes, until thick and smooth.
3. Spoon about 1½ cups of the smoothie mixture into a bowl. Top with some of the reserved mango and papaya, and about a tablespoon of granola.
4. Repeat with remaining ingredients to make additional smoothie bowls.
5. Serve immediately. Freeze leftovers.

Change it Up! Use different frozen fruits, like bananas, strawberries, or pineapples to make your smoothie. Top with your favorite fruits, nuts & seeds, whole grain cereals, peanut butter, or some chocolate chips!

