

Breakfast | Snack

Sweet Cherry Smoothie Bowl

10 Mins
Prep Time

0 Mins
Cook Time

1
Servings

309 Calories **3g** Fat **58g** Carbs **17g** Protein

Calorie breakdown does not include toppings



Ingredients

1 Serving • **1 Smoothie Bowl** Serving Size

10 Mins Total Time **Allergens:** FODMAPs, Dairy, Nuts

½ Cup Frozen Cherries	½ Cup Frozen Spinach
½ Frozen Banana	1 Tsp Cinnamon
½ Cup Frozen, Riced Cauliflower	1, 5.3 Oz Carton Vanilla Greek Yogurt
1½ Cups Vanilla Almond Milk	
Optional Ingredients	
1 Tbsp Sliced Almonds	1 Tbsp Coconut Flakes
2 Tbsp Dark Chocolate Chips	¼ Cup Fresh Cherries

Allergen Swap

FODMAPs Use frozen zucchini instead of cauliflower or omit; use frozen strawberries instead of cherries

Dairy Omit Greek yogurt and use a plant-based version such as soy, coconut, or almond; use a plant-based protein powder

Nuts Omit the almond milk; use soy, rice, or cow's milk

Nourishment Note

Cherries



Cherries are a great source of anthocyanins and quercetin. Anthocyanins may help decrease the risk for certain cancers, protect the heart, and lower inflammation within the body. Quercetin helps protect the DNA, the heart, and may lower the risk for certain types of cancer. Cherries may also help to relieve pain from arthritis when consumed regularly.

Bananas



Bananas are rich in potassium and magnesium, both of which are important for heart health. They are also a good source of fiber and antioxidants.

Spinach



Spinach is a nutrient powerhouse. It's packed with antioxidants to help reduce inflammation associated with rheumatoid arthritis. It also contains nutrients and vitamins that may help lower the risk of heart disease and diabetes.

Cinnamon



Cinnamon may help lower inflammation within the body, and help reduce symptoms associated with rheumatoid arthritis.

Cauliflower



Cauliflower is a cruciferous vegetable, making it rich in folate and vitamin K. It also contains phytonutrients, plant-based compounds that may help lower the risk of cancer.

Instructions

1. Blend Ingredients

Combine cherries, spinach, cauliflower, banana, almond milk, cinnamon, and yogurt in a blender. Blend until thick and smooth. For a thinner consistency, add more liquid.

2. Add Toppings & Serve

Serve immediately and top with suggested optional toppings.

Recipe adapted from damndelicious.net

What You'll Need



Measuring Cups



Measuring Spoons



Blender or Smoothie Maker

RA Cooking Tips

- Use frozen food to minimize food preparation time.
- Make a double batch and keep the second serving in the refrigerator. Simply add desired toppings for a quick, next-day breakfast.