

A smooth(ie) breakfast trend

 By [Nina Timm](#)

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Smoothie Bowls are such a breakfast trend at the moment and the health nuts are going crazy for them. Sites like Instagram, Buzzfeed and Pinterest are bursting with recipes and flavour combinations for smoothies. Of course, you can completely ignore the healthy route and do chocolate smoothie bowls.

Smoothie Bowls are also known as Açaí na tigela ("açaí in the bowl"). It is a Brazilian dish made with frozen açaí palm fruit, which is mashed. It is served as a smoothie in a bowl and traditionally topped with other seasonal fruits and granola.



Flavour combinations are endless, fruit and vegetable combinations too. In fact, it is a good idea to sneak in a vegetable or two for those picky eaters in the family. The idea is to mix smooth, silky, crunchy, sweet, sour, cold and hot all into one delicious smoothie bowl.

Smoothie Bowl with Berries and Coconut

Serves four

Ingredients

3 x 150g Fairview Full Fat Yoghurt
+- 250ml milk
125g fresh strawberries – remove stalks
30ml honey or Xylitol
1 small raw beetroot – peeled (optional)

For the toppings:

Chopped strawberries
Coconut shavings

Pumpkin seeds
Sunflower seeds
Cranberries
Mint sprigs
Lavender flowers

Method

Place the yoghurt, milk and strawberries in a blender and pulse until smooth. If you want it slightly thicker or thinner add either more milk or more fruit. Pour into four pretty bowls and start “playing with your food”.

www.my-easy-cooking.com

ABOUT NINA TIMM

I am the owner and sole editor of the 2012 Eat Out Award-winning blog, My Easy Cooking. I cook, I style and I photograph every single day of my life. I run a cooking school for groups such as team building, birthday parties, friendship groups, domestic workers and children.

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