

Oatmeal-Chia Cherry-Berry Smoothie Bowl

Swick

Serves 1 | Active Time: 10 minutes | Total Time:

Chef's Notes

Unflavored Plant Milk: Plant milk is the term we use to describe the plant-based milk of your choice. Rice, oat, hemp, almond, and soy milk are all varieties of plant milk. Look for unsweetened, unflavored plant milks.

Chia Seeds: Look for chia seeds in the natural foods or baking aisles at your grocery store. For most recipes, either ground or whole will work.

Toasted Sliced Or Slivered Almonds: You can purchase pre-toasted almonds, or you can toast them yourself: Simply cook in a dry skillet over medium heat, stirring frequently, until fragrant and lightly browned, about 5 minutes.

Step 1: Make Smoothie

- 3 bananas cut into chunks & frozen
 - 15 oz fresh strawberries ($\approx 3 \frac{3}{4}$ cups)
 - 6 oz frozen dark sweet cherries pitted ($\approx 1 \frac{1}{2}$ cups)
 - 1 cup rolled oats
 - 3 fl oz unflavored plant milk plus more as needed ($\approx \frac{1}{3}$ cup)
 - 1 $\frac{1}{2}$ tablespoons chia seeds
 - 1 $\frac{1}{2}$ tablespoons toasted sliced or slivered almonds
 - 1 $\frac{1}{2}$ teaspoons cacao nibs
- Line a baking sheet with parchment paper. Freeze bananas on prepared baking sheet for at least 2 hours.
- In a high-powered blender (or food processor), combine 3 cups strawberries, banana, cherries, oats, and 1 tablespoon chia seeds. Cover and process until smooth, adding plant milk as needed for a spoonable consistency.
- Transfer mixture into serving bowls. Top each bowl with remaining sliced strawberries, chia seeds, almonds, and cacao nibs.