

Vegan Beet Smoothie Bowl

Vibrant vegan beet smoothie bowl packed with antioxidants, fiber, and nutrients. Ready in 15 minutes with customizable toppings for a healthy breakfast.

15 min
PREP

15 min
TOTAL

1
SERVINGS

Easy
DIFFICULTY

Vegan Beet Smoothie Bowl

Ingredients

- 1 cup blackberry
- 1 beet
- 1 banana
- 1 tbsp chia
- 2 spinach
- 1 cup coconut milk

Instructions

- 1 Prepare the beet**

Peel 1 raw beet and cut into 1/2-inch cubes to help your blender process it more easily.
- 2 Blend the smoothie**

Add the cubed beet, 1 frozen banana, 2 blackberries, 1 cup spinach, 1 tablespoon chia seeds, and 1 cup plant milk to a high-speed blender.
- 3 Blend on high speed for 60-90 seconds until completely smooth and no beet chunks remain, stopping to scrape down the sides if needed.**
- 4 Thicken the smoothie**

Transfer the smoothie to the refrigerator and chill for 10 minutes to allow the chia seeds to absorb liquid and thicken the mixture.
- 5 Serve**

Pour the thickened smoothie into a bowl and add your choice of toppings like granola, fresh berries, nuts, or coconut flakes.

Tips

- Use frozen banana for the creamiest, ice cream-like texture without needing to add ice.
- Peel raw beets and cut into small cubes for easier blending and smoother consistency.
- Wear gloves when handling beets to prevent staining your hands and work surfaces.
- Start with minimal liquid and add gradually to achieve the perfect thick, spoonable consistency.

Pre-freeze your smoothie toppings like berries and banana slices for extra texture contrast.

Blend ingredients in order of hardest to softest for the smoothest results.

Add a pinch of salt to enhance the natural sweetness of the fruits and balance flavors.

Let the blended smoothie rest in the refrigerator for 10 minutes to thicken before adding toppings.