

# Smoothie Bowls with Grain-Free Granola

PREP TIME: 10-15 MINS

COOK TIME: 15-20 MINUTES

GRANOLA YIELDS: ~4 CUPS (ENOUGH FOR 8 PORTIONS)

SMOOTHIE YIELDS: ~4 CUP (ENOUGH FOR 8 PORTIONS)



Children's Hospital  
of Philadelphia®

Culinary Medicine

Recipe by Chef Paige Mountain

## Granola Ingredients

- 2 tablespoons nut or seed butter
- 1/4 cup honey or maple syrup
- 2 tablespoons coconut oil
- 1 teaspoon pure vanilla extract
- 1 teaspoon ground cinnamon
- 2 1/2 cups chopped nuts or seeds
- 1 cup coconut flakes, unsweetened

## Smoothie Ingredients

- 2 cups frozen mixed berries
- 2 frozen bananas
- ½ cup milk (any)

## Qualities

Texture: Multi/Cold

Rating for Scent : 4/10

Spice Level: 0/10

## Recipe Benefits

- Anti-Inflammatory



## Nutrition Content for 1/8 Recipe

Calories: 460kcal

Fat: 32.3g

Protein: 13.3g

Sodium: 11.4mg

Carbohydrates: 36.5g

Fiber: 7.6g

Added sugar: 8.7g

## Granola Directions:

1. Preheat oven to 350 degrees.
2. In a small bowl, combine the nut/seed butter, coconut oil, honey, vanilla extract, & ground cinnamon.
3. Microwave for 15 seconds to warm and melt together.
4. Stir to combine.
5. Add the nuts/seeds of choice & coconut flakes.
6. Stir to combine all ingredients.
7. Line a baking sheet with parchment paper.
8. Dump the mixture onto the parchment paper covered baking sheet, spreading evenly through out.
9. Bake in preheated oven for 15-20 minutes.
10. Allow to fully cool, then crumble mixture into chunks/bits.
11. Granola can be stored at room temperature for 1-1.5 weeks



## Smoothie Bowl Directions:

- In a blender, blend all ingredients together.
- Pour in a serving dish and top with 1/2 cup granola mixture. Additional toppings can be added at this time such as fresh whole fruit, coconut flakes, chia seeds, or a drizzle of honey/maple syrup.