

# HONEY CHAI SMOOTHIE BOWL

Honey Chai Smoothie Bowl

*Bariatric, Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian*

Serves: 2

## Nutrition (per serving)

Calories: 388	Total Carbohydrate: 56
Total Fat: 13 g	Dietary Fiber: 8 g
Saturated Fat: 2 g	Total Sugars: 34 g
Sodium: 110 mg	Protein: 18.5 g

## Ingredients

### Smoothie

- 1 large banana, peeled, fresh or frozen
- 1 Tablespoon honey
- 1 Tablespoon chia seeds
- 2 Tablespoons peanut butter
- 1 cup nonfat plain Greek yogurt

### Toppings

- 1 large banana, peeled and sliced
- 1 Tablespoon pepitas

- 2 pinches of ground cinnamon
- 2 pinches of ground cardamom
- 2 pinches of ground allspice
- 2 pinches of ground cloves
- 2 pinches of ground ginger

- 1 Tablespoon old fashioned dry oats
- 2/3 cup fresh blueberries

## **Directions**

1. Combine banana, honey, chia seeds, peanut butter, yogurt, and spices in a blender. Blend until smooth.
2. Pour smoothie into bowls and add desired toppings.

## **To make bariatric diet friendly:**

Use  $\frac{1}{2}$  of a banana and 6 ounces (1 container) non-fat Greek yogurt. Use sweetener to taste instead of honey and add 1 scoop sugar-free vanilla protein powder.

Bariatric nutrition info (makes 2 servings;  $\frac{1}{2}$  recipe per serving): Calories 200, Total Fat 8g, Sat Fat 1.5g, Sodium 230mg, Total Carbohydrate 15, Fiber 4g, Sugars 7g (none added), Protein 22g