**How to Make a Smoothie Bowl + 15 Nutritious Toppings**

**SEO:** how to make a smoothie bowl

You drink smoothies out of cups all the time. Why not switch it up?

Smoothie bowls are essentially the same as regular smoothies; they’re just a little thicker. The real benefit of a smoothie bowl is that you have the opportunity to add insanely good toppings.

Think about your smoothie bowl as you would your oatmeal bowl. You can top it with all sorts of ingredients to enhance the texture and flavor. Since some smoothie recipes are too light to fill you up, nut- and protein-packed toppings can increase satiation, balance blood sugar, and repair muscles after a workout.

Not sure how to make a smoothie bowl? I’m going to teach you the best way to get ‘er done in four simple steps.

**How to Build a Smoothie Bowl**

1. **Freeze your fruit:** Smoothie bowls can be made with room temperature fruit, but you’ll yield a frosty result with frozen fruit. Just remove the peel, if applicable, and then freeze overnight in an airtight container.
2. **Toss them in:** Place all of your favorite smoothie ingredients into a blender. You can turn your regular smoothies into smoothie bowls by decreasing the amount of liquid you add…
3. **Add liquid (but not too much):** Pour in just enough liquid to help the blending process along. About ⅓-½ cup is usually enough for a single serving. You can always start with a few tablespoons and increase as needed. If you’re still unsure, check out these liquid-to-ingredient ratios. [http://laurencariscooks.com/a-complete-guide-to-smoothies/]
4. **Smoothe out:** Blend until thick and smooth or until you achieve the consistency of sorbet. Pour into a bowl.

**15 Nutritious Topping Ideas**

Top your smoothie bowl with any combination of ingredients. Keep them healthy, but be a little adventurous. Gourmet options like persimmons and cashew cream make mornings a little more interesting.

Need a few ideas? How about 15:

* Mixed berries
* Sliced bananas
* Homemade granola
[https://cookieandkate.com/2015/healthy-granola-recipe/]
* Cacao nibs
* Diced cucumber
* Toasted coconut
* Pomegranate seeds
* Goji berries
* Persimmons
* Cashew cream [http://www.thekitchn.com/how-to-make-the-ultimate-vegan-cashew-cream-242648]
* Crushed walnuts
* Hemp seeds
* Flaxseeds
* Pumpkin seeds
* Ground ginger

For visual appeal, arrange each ingredient neatly on top of your smoothie bowl. If you don’t care about aesthetics, just toss them in. Enjoy with a spoon!

**Tag @OfficialChefT:** Make a smoothie bowl, post it on Instagram, and tag me. I want to see how you *Eat with a Purpose*! [https://www.instagram.com/officialcheft/]