



Strawberry Smoothie Bowl

By Chef Veera Gaul, Ph.D.



Ingredients

Balsamic Strawberries

- 1 cup chopped strawberries
- 1 tablespoon maple syrup
- 2 teaspoons O&V [Aged Balsamic](#) *
- 1/8 teaspoon freshly cracked black pepper
- Fresh Mint to top the berries

Smoothie

- 1 banana, sliced and frozen
- 10 oz frozen strawberries
- 1 teaspoon O&V **Melipone Vanilla** *
- 1-2 tablespoons maple syrup (optional to taste, based on sweetness of strawberries)
- ½ cup whole milk (or almond milk to keep this vegan)
- ½ cup Vanilla Greek yogurt (or vanilla soy yogurt to keep this vegan)

- Whipped cream for garnish (optional)
- Prepared granola for topping (optional)
- Chia seeds, flax seeds, toasted almonds or other favorite nuts/seeds (optional)

Preparation

Combine the chopped strawberries with the maple syrup, aged balsamic, and fresh cracked pepper. Macerate for 20-30 minutes in the refrigerator.

When the macerating strawberries are almost ready, start making the smoothie. Place the frozen banana, frozen strawberries, Melipone vanilla, milk and vanilla Greek yogurt in a food processor or blender. Blend until smooth and creamy. Taste and add maple syrup for additional sweetness. Pulse to incorporate the syrup into the smoothie mix.

Divide the smoothie between two bowls. Top each bowl with half the macerated chopped strawberries. Add a garnish of chopped fresh mint and a drizzle of the balsamic and maple syrup from the macerated strawberries.

If serving as dessert, top with some whipped cream. If serving for breakfast, top with some granola or some of your favorite nuts and seeds.

Serves 2

Active Time: 12 minutes Total Time: 42 minutes (30 minutes for strawberries to macerate)

Notes

* An [Aged Balsamic](#) adds a balance of tart and sweet to this smoothie. It also is thick enough to coat the strawberries well. **Melipone Vanilla** from Mexico is of high quality, aromatic and intense and is available at most [Oil & Vinegar stores](#).

Categories: Desserts, Breakfast & Brunch, Vegetarian, Vegan, Gluten Free, Strawberry Smoothie Bowl, Aged Balsamic, Melipone Vanilla, Strawberry Ice Cream, Banana, Maple Syrup, Healthy Breakfast, Healthy Dessert, Fruit Ice Cream,