



Strawberry-Banana Smoothie or Bowl

Strawberry-banana is my forever favourite pairing, so it felt right to give it a spotlight in À La Carte Cookbook, Encore! This creamy pink blend whirls sweet strawberries and ripe bananas with coconut milk, Greek yogurt and a drizzle of honey. Sip it straight from a straw or pour it into a bowl and top it with granola, coconut and pecans: a snack that tastes like dessert yet fuels your body like breakfast does.

 4 servings

 < 30 min

 No

 None

8 large hulled strawberries, divided
3 1/2 ripe bananas, divided
1 (400 mL) can coconut milk
1/2 cup plain Greek yogurt
1/4 cup milk
3 1/2 tbsp chia seeds
3 tbsp honey
2 tbsp sour cream
1 1/2 tbsp hemp hearts, divided
1 tsp vanilla extract
1 scoop vanilla protein powder, optional
Granola, unsweetened shredded coconut, or finely chopped pecans, for garnish, optional

In the bowl of a food processor equipped with the S blade, blend 7 strawberries, 3 bananas, coconut milk, yogurt, milk, chia, honey, sour cream, 1 tablespoon of hemp hearts, and vanilla, until smooth. Add protein powder (if using), and continue to blend, until combined.

Pour into glasses and serve with a straw or pour into bowls and garnish with remaining strawberry, sliced, remaining half-banana, sliced, remaining 1/2 tablespoon hemp hearts, granola, coconut, or pecans (if using). Serve immediately.