



FIERCE MAMA
SPF CHALLENGE



5 Smoothie Bowls

**RECIPES TO QUENCH YOUR SWEET
TOOTH AND BOOST YOUR HEALTH!**



DISCLAIMER

Always consult your medical practitioner, registered dietician, or nutritionist before making any significant changes to your diet or physical activity – particularly if you are an adolescent, pregnant, breastfeeding, or have a medical condition.



Hi and...

WELCOME!



I'm so excited to share my Smoothie Bowl recipes with you!

In this little ebook, you'll find five amazing smoothie bowls that are perfect for breakfast any time of the year.

These bowls don't just fuel your body—they taste like dessert, too!

Whether you're craving something sweet, refreshing, or satisfying, these recipes will hit the spot while keeping you on track with your health goals.

Let's Get Started!

MEL

FIERCE MAMA COLLECTIVE



mel@getfitwithmel.online



04

Berry smoothie bowl

05

Strawberry smoothie bowl

06

Coconut & Kiwi Smoothie bowl

07

Raspberry and flaxseeds bowl

08

Blue ocean smoothie

table of
CONTENTS

Smoothie

BERRY SMOOTHIE BOWL



COOK TIME

0 Minutes



SERVES

One



PREP TIME

5 Minutes



333



P: 28g



C: 59g



F: 4g

INGREDIENTS

- 180g frozen red berries
- 1½ small banana, frozen
- 80ml coconut milk
- 1 scoop vanilla protein powder (Choose vegan option for a plant-based smoothie)

METHOD

1. Blitz frozen berries and banana for about 30 seconds in a high-speed blender or food processor.
2. Once the mixture reaches a soft-serve consistency, add the milk and protein powder and blend on low again, scraping sides as needed. Continue blending until desired consistency is reached.
3. Serve in a bowl and add favorite toppings.

NOTE: toppings are not included in nutrition information.

Smoothie

STRAWBERRY SMOOTHIE BOWL



COOK TIME

0 Minutes



SERVES

Four



PREP TIME

15 Minutes



238



P: 17g



C: 29g



F: 6g

INGREDIENTS

- 550g cottage cheese
- 230g frozen strawberries, thawed
- 3 tbsp. maple syrup
- ½ cup granola
- 180g mixed berries

METHOD

1. Place the cottage cheese, strawberries and maple syrup in a food processor or high-speed blender and blitz until smooth and creamy.
2. Divide between 4 serving bowls, top with granola and fresh berries, to serve.

Smoothie

COCONUT & KIWI SMOOTHIE BOWL



COOK TIME

0 Minutes



SERVES

Two



PREP TIME

10 Minutes



352



P: 5g



C: 69g



F: 9g

INGREDIENTS

- 2 bananas, frozen slices
- 130g mango, frozen cubes
- 160ml coconut water
- 85ml coconut milk
- handful blueberries, topping
- 1 kiwi, peeled and sliced, topping
- 2 tbsp. coconut chips, topping
- 2 tbsp. granola, topping

METHOD

1. Place the bananas, mango, coconut water and coconut milk in a blender or food processor and blend until smooth.
2. Divide the smoothie over 2 bowls and top with the kiwi, blueberries, coconut chips and granola. Serve immediately.

Smoothie

RASPBERRY AND FLAXSEEDS BOWL



COOK TIME

0 Minutes



SERVES

One



PREP TIME

10 Minutes



292



P: 10g



C: 32g



F: 14g

INGREDIENTS

- 3 tbsp. flaxseeds
- 120ml water
- 1 cup raspberries, frozen
- 60ml beetroot juice
- 3 tbsp. natural yogurt (or plant based)
- 1 tsp. raw cacao nibs

METHOD

1. Boil the water in the kettle.
2. Add the flaxseeds and water to a small pot, and cook for around 5 minutes, until the water turns sticky. Remove from the heat and allow to cool.
3. Blend the raspberries with the beetroot juice until smooth. Next add in the flaxseeds and blend again.
4. Pour the smoothie into a bowl and top with the yogurt and cacao nibs. Serve straight away.

Smoothie

BLUE OCEAN SMOOTHIE



COOK TIME

0 Minutes



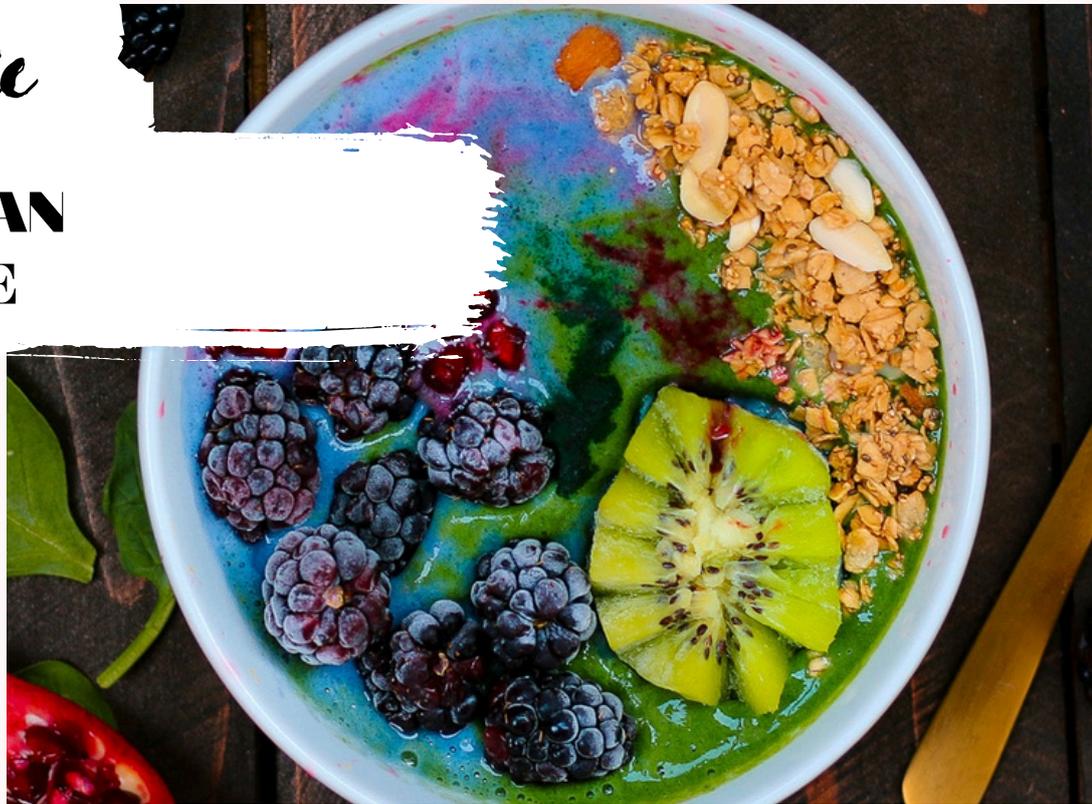
SERVES

One



PREP TIME

10 Minutes



222



P: 2g



C: 49g



F: 2g

INGREDIENTS

- 1½ cup frozen banana
- 1 cup frozen mango chunks
- ¼ teaspoon blue spirulina
- ¼ teaspoon green spirulina
- splash of almond milk

METHOD

1. Blend the frozen banana, frozen mango, blue spirulina, and green spirulina. If needed, add a splash of milk to get your blender going.
2. Process until smooth and creamy. Turn off the blender or use your tamper to stir the ingredients towards the blades.
3. Pour your blue smoothie into a bowl and top with your favorite toppings.
4. Enjoy!

Thank you
Let's stay in touch!



I hope you loved these smoothie bowl recipes as much as I do! I'd love to see your creations—be sure to tag me on Instagram - @fiercemamacollective - so I can share your delicious bowls with our community. Keep enjoying these tasty, healthy breakfasts, and let's stay connected on your journey to wellness!