



Reprinted with permission from [Well + Good](#). * Copyright © 2019 by Well+Good. Photographs copyright © 2019 by Johnny Miller. Published by Clarkson Potter, an imprint of Penguin Random House, LLC.

BLUE MAGIC SMOOTHIE BOWL

+ DAIRY-FREE, GLUTEN-FREE, LOW-FODMAP, LOW-INFLAMMATION, VEGAN, VEGETARIAN, BETTER DIGESTION, BETTER SKIN

EMMANUELLE SAWKO

Basically, all you need to know is that Emmanuelle Sawko is a true Parisian and a real tastemaker (pun definitely intended) when it comes to food and aesthetics. This blue bowl (Emma's favorite color) reflects the free spirit you'll find inside her Wild & the Moon cafés (with locations in New York, Paris, and Dubai), which she describes as a lifestyle movement created by a tribe of food lovers, chefs, nutritionists, and naturopaths in France. "The philosophy at my café is based on the simple belief that food should be good for you, good for the planet, and delicious," says Emma. Peep the takeaway tip for puffing your quinoa—à la stovetop popcorn!

Serves 1

1½ cups sliced frozen banana (about 2 medium)
1 cup frozen pineapple
1 cup coconut milk
½ teaspoon blue spirulina powder

TOPPINGS

1 tablespoon puffed quinoa, store-bought or homemade (recipe follows)
¼ cup fresh or frozen blueberries
1 small kiwi, peeled and sliced
1 teaspoon unsweetened shredded coconut

1. In a high-speed blender, combine the banana, pineapple, coconut milk, and spirulina. Blend until completely smooth.
2. Pour the smoothie mixture into a bowl and top with the puffed quinoa, blueberries, kiwi slices, and coconut. Serve cold.

PUFFED QUINOA

½ cup uncooked quinoa

1. Heat a small pot over high heat for 10 minutes. Add just enough quinoa to cover the bottom in a single layer (you may not need all the quinoa). Cover and shake vigorously until the quinoa starts popping rapidly, which will happen very quickly since the pot will be very hot. Remove the pot from the heat, continuing to shake. Crack the lid slightly, lifting it away from your face, to allow some steam to escape, then replace the lid fully and shake until the popping slows down to infrequent bursts.
2. Immediately pour the puffed quinoa onto a rimmed baking sheet and spread it into an even layer. Let cool completely before using. Store in an airtight container in the refrigerator for up to 1 week.

© Copyright 2019 Now That's A Mouthful. All Rights Reserved.

**Product prices and availability are accurate as of the date of publication and are subject to change. Any price and availability information on Amazon.com at the time of purchase will apply to the purchase.*



Reprinted with permission from *Well+Good*, 2019. Photographed by *Clayson Potter*.