

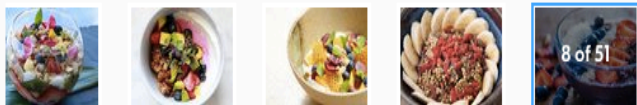
# The benefits and beauty of breakfast bowls

Jenn Rice, Special for USA TODAY 7:02 a.m. EDT August 26, 2016



## Crave and camera-worthy breakfast bowls

In addition to cold-pressed juice, locals in Greenville, S.C. stop by Southern Pressed Juicery for the Bees Knees energy bowl. The treat is chock full of acai berry, banana, coconut water, Brazil nut crumble, seasonal fruit, coconut flakes, cacao nibs and raw honey. *Southern Pressed Juicery*



(Photo: Rancho Valencia Resort & Spa)

The demand for breakfast bowls is high, and it's easy to see why. Chock full of good-for-you ingredients like superfoods, matcha, chia seeds, acai, oatmeal, ancient grains, quinoa and more, they're a surefire way to ensure your day is off to a great start.

"A smoothie bowl can provide you with all the nutrients that you need for a start to your day," says Manuel Trevino, corporate executive chef of [by CHLOE](#). — a fast-growing vegan restaurant with

locations spreading throughout New York City and Los Angeles (and two Boston outposts on the way). "Our [Green Day](#) smoothie [bowl] packs good-for-you fats from avocado and rich nutrients from greens like spinach and kale, while almond butter and flaxseed meal give you the protein and fiber to fill you up. Top with preferred toppings like goji berries, coconut and banana, and it's an ideal meal.

"I think breakfast bowls are absolutely going to stick around — they travel well, and whether they are sweet or savory, can be adjusted depending on your mood and appetite for the day. Whether it's a smoothie bowl, a grain bowl or otherwise, the options are endless."

In San Francisco, [Green Heart Foods](#) is responsible for catering healthy breakfast meals to top tech firms like LinkedIn, [Airbnb](#), Microsoft and Uber on a daily basis. The GHF Bowl, one of the company's most popular breakfast items (also available at the café) is packed with superfoods, vegetables and protein, in order to properly fuel employees for the work day ahead.

At [Cielo](#) in the Four Seasons Hotel St. Louis, executive chef Gian Nicola Colucci serves a quinoa bowl for breakfast that stems back to his Italian roots. "Quinoa isn't just fun to say, it's tasty and loaded with nutrients like antioxidants, flavonoids and fiber," Colucci says. "It's a superfood that provides an enduring, healthy start to your morning. This ancient food once powered the mighty Incas in the mountains of Bolivia and Peru — today it powers modern day warriors. We are a business hotel that services high performers who increasingly require high performing food to power them throughout the day."

Breakfast bowls allow for chefs to embrace creativity and source locally. "The benefits of superfoods are no longer a secret; the challenge now is finding superfoods you actually enjoy eating," says Colucci. "Few seem to really enjoy gnawing on raw kale. Quinoa with local honey, pistachios and hazelnuts may achieve the balance of nutrition and tastiness we all seek."

Hotels, healthy fast food counters and restaurants are taking note of this healthy trend. Whether you're seeking a stylish bright pink pitaya bowl full of fruits and superfoods, or craving a savory egg and grains dish, the options are endless. Browse the gallery above to find out where to get the country's brightest breakfast bowls.