

SMOOTHIE BOWL

INGREDIENTS *(For 1 serving)*

Strawberries & Cream

- ½ cup milk
- ½ cup frozen strawberries
- ½ cup frozen raspberries
- ¼ cup plain or vanilla yogurt

Very Berry

- ½ cup frozen cherries
- ½ cup frozen blueberries
- ¼ cup kale
- ¼ cup cranberry beverage
- ¼ cup plain or vanilla yogurt

Orange Dream

- ½ cup clementines
- ½ cup frozen peach slices
- ½ cup orange juice
- ¼ cup plain or vanilla yogurt

Toppings

- Sliced banana
- Chia seeds
- Flax seeds
- Hemp hearts
- Blackberries
- Nut free granola



DIRECTIONS

1. Puree ingredients for selected smoothie bowl in blender or food processor. Scoop from blender into bowl and top with one or more suggestions from the toppings list.

COOKING TIP

Frozen fruit will blend better if it is slightly thawed. Try taking the frozen portion needed out the night before and placing it in the fridge.

FACT

Use Greek yogurt and top with hemp hearts for additional protein to keep you satisfied longer.