

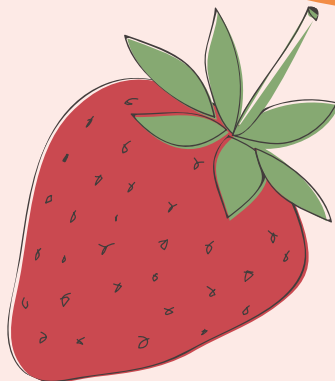
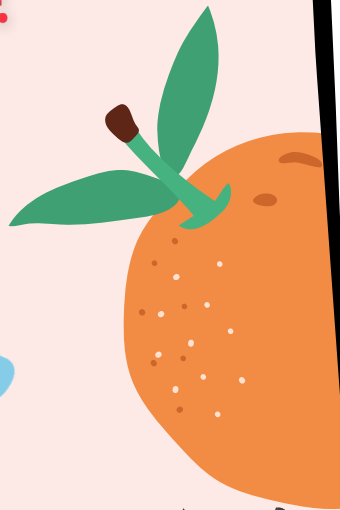
S U P E R F O O D



# Smoothies

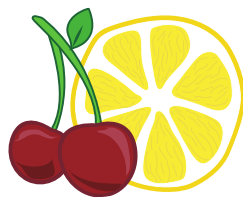


8  
SMOOTHIE  
BOWL  
RECIPES!



# Cherry Lemonade Smash

## Fruit Smoothie/Bowl



### Ingredients

- 1 1/2 Cup Frozen Cherries
- 1 Frozen Banana
- 3 Tbsp Lemon Juice
- 1/2 Cup Coconut Water
- VITAMIN Beverage Booster

\*Add More Liquid As Needed

### Recipe

Start by adding coconut water and lemon juice to the blender.

Next, add all frozen fruit.

Add 1 Scoop of Blissful Plant VITAMIN Beverage Booster.

Blend to desired consistency.

Top with granola and honey!

BlueToadBotanicals.com

# Banana Mango Madness

## Fruit Smoothie/Bowl



### Ingredients

- 1 1/2 Cup Frozen Mango
- 2 Frozen Bananas
- 3 Tbsp Honey Water
- 2/3 Cup Almond Milk

\*Add More Liquid As Needed

### Recipe

Start by adding almond milk and honey water to the blender.

Next, add all frozen fruit.

Blend to desired consistency.

Top with granola, peanut butter, and honey!

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# Peanut Butter and Jelly Bowl

## Fruit Smoothie/Bowl



### Ingredients

- 2 Cups Frozen Mixed Berries
- 1 Frozen Banana
- 3 Tbsp Honey Water
- VITAMIN Beverage Booster
- 2/3 Cup Almond Milk
- Peanut Butter

\*Add More Liquid As Needed

### Recipe

Start by adding almond milk and honey water to the blender.

Next, add all frozen fruit.

Add one scoop of Blissful Plant Vitamin Beverage Booster.

Blend to desired consistency.

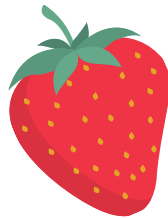
Top with granola and a lot of peanut butter!

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# Strawberry Hero

## Fruit Smoothie/Bowl



### Ingredients

- 2 Cups Frozen Strawberries
- 1/2 Frozen Banana
- VITAMIN Beverage Booster
- 2/3 Cup Almond Milk

\*Add More Liquid As Needed

### Recipe

Start by adding almond milk to the blender.

Next, add the frozen strawberries.

Add one scoop of Blissful Plant Vitamin Beverage Booster.

Blend to desired consistency.

Top with granola and banana!

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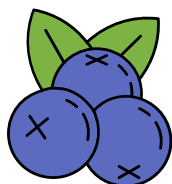


# Blueberry Blitz

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## Fruit Smoothie/Bowl

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### Ingredients

- 2 Cup Frozen Blueberry
- 1 Scoop Acai Powder
- 3 Tbsp Honey Water
- VITAMIN Beverage Booster
- 2/3 Cup Almond Milk

\*Add More Liquid As Needed

### Recipe

Start by adding almond milk and honey water to the blender.

Add the frozen blueberries.

Add one scoop of Blissful Plant VITAMIN Beverage Booster and Acai Powder.

Blend to desired consistency.

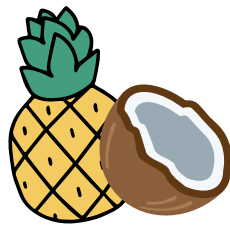
Top with granola and fruit.

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# Pineapple Colada

## Fruit Smoothie/Bowl



### Ingredients

- 1 Cup Frozen Pineapple
- 1/2 Cup Frozen Mango
- 1 Frozen Banana
- 1/2 Cup Coconut Milk
- 1/4 Cup of Coconut Water

\*Add More Liquid As Needed

### Recipe

Start by adding coconut milk and coconut water to the blender.

Add all the frozen fruit.

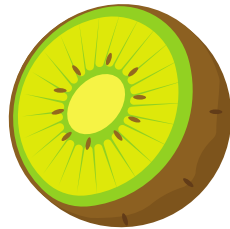
Blend to desired consistency, add coconut water as needed.

Top with coconut flakes, pineapple, and lime.

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# Kiwi Krazy

## Fruit Smoothie/Bowl



### Ingredients

- 2 Kiwi Peeled and Sliced
- 1 Cup Frozen Cherries
- 1/2 Frozen Banana
- 2/3 Cup Coconut Water
- 1 Tbsp Chia Seeds

\*Add More Liquid As Needed

### Recipe

Start by adding coconut water to the blender.

Add all the frozen fruit and kiwi and chia seeds.

Blend to desired consistency, add coconut water as needed.

Top with fruit!

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# Blue Toad Superfood Smoothie

## Fruit Smoothie/Bowl



### Ingredients

- 1 Kiwi Peeled and Sliced
- 1 Cup Frozen Berries
- 1 Frozen Banana
- 1/2 Cup Frozen Mango
- 1 Tbsp Chia Seeds
- VITAMIN Beverage Booster
- 1 Cup Coconut Water

### Recipe

Start by adding coconut water to the blender.

Add all the frozen fruit, and kiwi and chia seeds.

Blend to desired consistency, add coconut water as needed.

Top with fruit, granola, and honey!

\*Add More Liquid As Needed

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