

CRUSHED FRUIT BOWLS

SUPER ANTIOXIDANT BOWL BASE

4 oz	Dr. Smoothie Four Berry Blend Purée/Water Mix
3 scps	Freeze-Dried Blueberries
½ scp	Freeze-Dried Acai Powder
½ scp	Powdered Yogurt
7 oz	Ice

TOPPINGS

4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
1 tsp	Dried, Shredded Coconut
½ scp	Peanut Butter
1 tsp	Hemp Seeds
drizzle	Honey

1. Add Base ingredients and push #4 on blender.
2. Spoon blended base into bowl.
3. Add toppings.

PEACHES 'N CREAM BOWL BASE

4 oz	Dr. Smoothie Peach Pear Apricot Purée/Water Mix
3 scps	Freeze-Dried Mango
½ scp	Powdered Yogurt
7 oz	Ice

TOPPINGS

4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
1 tsp	Dried, Shredded Coconut
1 scp	Almond Butter
½ scp	Berry Coconut Granola
1 tsp	Flax Seeds
drizzle	Honey

1. Add Base ingredients and push #4 on blender.
2. Spoon blended base into bowl.
3. Add toppings.

THE ULTIMATE POWER BOWL BASE

4 oz	Dr. Smoothie Four Berry Blend Purée/Water Mix
3 scps	Freeze-Dried Blueberries
½ scp	Powdered Yogurt
½ scp	Vanilla Whey Protein
7 oz	Ice

TOPPINGS

4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
1 tsp	Dried, Shredded Coconut
½ scp	Peanut Butter
½ scp	Berry Coconut Granola
drizzle	Honey

1. Add Base ingredients and push #4 on blender.
2. Spoon blended base into bowl.
3. Add toppings.

TROPICAL VEGGIE BLISS BOWL BASE

4 oz	Dr. Smoothie Mango Purée/Water Mix
3 scps	Freeze-Dried Pineapple
½ scp	Freeze-Dried Kale
½ scp	Freeze-Dried Spinach
½ scp	Powdered Yogurt
¼ tsp	Lemon Extract
7 oz	Ice

TOPPINGS

4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
1 tsp	Dried, Shredded Coconut
½ scp	Berry Coconut Granola
drizzle	Honey

1. Add Base ingredients and push #4 on blender.
2. Spoon blended base into bowl.
3. Add toppings.