

# CRUSHED FRUIT BOWL

CRUSHED FRUIT BOWL BASE	
4 oz	Dr. Smoothie Purée/Water Mix*
3 scps (50cc)	Freeze-Dried Blueberries or Choice of Fruit*
½ scp	Powdered Yogurt
7 oz	Ice
STANDARD TOPPINGS	
6	Freeze-Dried Banana Pieces
1 tbsp	Dried, Shredded Coconut

## DIRECTIONS:

1. Add Crushed Fruit Bowl Base ingredients to a blender.
2. Blend on 4.
3. Once blended, use a spoon to help pour it into a bowl.
4. Add Standard Toppings.
5. Add any additional toppings as desired. Get creative with these options:

Honey or Agave	tbsp
Hemp, Flax, or Chia Seeds	tbsp
Peanut or Almond Butter	tbsp
Dried Beets	tsp
Freeze-Dried Strawberries	scp
Freeze-Dried Blueberries	scp
Freeze-Dried Pineapple	scp
Freeze-Dried Raspberries	scp
Organic Berry Coconut Granola	scp

# CRUSHED FRUIT BOWL

## Nutrition Facts

servings per container

**Serving size** (276g)

Amount per serving

**Calories** **360**

% Daily Value\*

**Total Fat** 6g 8%

Saturated Fat 3.5g 18%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 110mg 5%

**Total Carbohydrate** 74g 27%

Dietary Fiber 7g 25%

Total Sugars 52g

Includes 0g Added Sugars 0%

**Protein** 9g

Vitamin D 0mcg 0%

Calcium 188mg 15%

Iron 1mg 6%

Potassium 511mg 10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\*Nutrition Panel is based on a standard recipe using Dr. Smoothie Acai Berry Blend Purée/Water Mix and Freeze-Dried Blueberries.