

# CRUSHED FRUIT BOWLS

SUPER ANTIOXIDANT BOWL BASE	
4 oz	Dr. Smoothie Acai Berry Blend Purée/Water Mix
3 scps	Freeze-Dried Blueberries
½ scp	Powdered Yogurt
7 oz	Ice
TOPPING	
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
1 tsp	Dried, Shredded Coconut
1 tsp	Cacao Nibs
½ scp	Peanut Butter
1 tsp	Hemp Seeds
1 tsp	Honey
<ol style="list-style-type: none"> <li>1. Add Base ingredients and push #4 on blender.</li> <li>2. Spoon blended base into bowl.</li> <li>3. Add toppings.</li> </ol>	

THE AMAZING AÇAÍ BOWL BASE	
4 oz	Dr. Smoothie Acai Berry Blend Purée/Water Mix
3 scps	Freeze-Dried Blueberries
½ scp	Powdered Yogurt
7 oz	Ice
TOPPING	
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
1 tsp	Dried, Shredded Coconut
1 tsp	Cacao Nibs
1 scp	Almond Butter
½ scp	Berry Coconut Granola
1 tsp	Chia Seeds
1 tsp	Honey
<ol style="list-style-type: none"> <li>1. Add Base ingredients and push #4 on blender.</li> <li>2. Spoon blended base into bowl.</li> <li>3. Add toppings.</li> </ol>	

TROPICAL VEGGIE BLISS BOWL BASE	
2 oz	Dr. Smoothie Mango Purée/Water Mix
2 oz	Dr. Smoothie Pineapple Blend 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
TOPPING	
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
1 tsp	Dried, Shredded Coconut
½ scp	Berry Coconut Granola
1 tsp	Honey
<ol style="list-style-type: none"> <li>1. Add Base ingredients and push #4 on blender.</li> <li>2. Spoon blended base into bowl.</li> <li>3. Add toppings.</li> </ol>	

THE ULTIMATE POWER BOWL BASE	
4 oz	Dr. Smoothie Four Berry Blend Purée/Water Mix
3 scps	Freeze-Dried Blueberries
½ scp	Powdered Yogurt
1 scp	Vanilla Whey Protein
7 oz	Ice
TOPPING	
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
1 tsp	Dried, Shredded Coconut
½ scp	Peanut Butter
½ scp	Berry Coconut Granola
1 tsp	Honey
<ol style="list-style-type: none"> <li>1. Add Base ingredients and push #4 on blender.</li> <li>2. Spoon blended base into bowl.</li> <li>3. Add toppings.</li> </ol>	