Don’t Blend In: Smoothie Bowls

INGREDIENTS

**Mixed Berry Smoothie:**
- 1 1/2 cups liquid of choice (coconut water, milk, almond milk, etc.)
- 1 banana
- 1 1/2 cups frozen mixed berries
- 3/4 cup vanilla Greek yogurt

**Strawberry, Banana, Peach Smoothie:**
- 1 cup frozen peaches
- 1 cup frozen strawberries
- 1 cup plain yogurt
- ½ banana
- ½-1 cup milk

**Toppings:**
- Chia seeds
- Flax seeds
- Coconut
- Nuts
- Granola
- Pumpkin seeds
- Fresh fruit

INSTRUCTIONS

1. Blend smoothie ingredients in a blender until smooth.
2. Add toppings as desired.
SMOOTHIE 101

Smoothies are a great way to mix things up in your breakfast routine. Pick an ingredient from each section to make a custom smoothie combo that can't be beat — but can be blended.

1. **Something Liquid**
   - Milk
   - Iced Green Tea
   - Water
   - More Frozen Fruit
   - Ice Cubes

2. **A Fruit**
   - Cored Apples
   - Frozen Banana
   - Frozen Berries

3. **Something Chilly**
   - Kale
   - Spinach
   - Canned Pumpkin
   - Nut Butter

4. **An Optional Veggie**
   - Beet Greens
   - Cacao Nib
   - Oats
   - Toasted Coconut
   - Crushed Nuts

5. **Sweetness**
   - Honey
   - Maple Syrup
   - Flavored Protein Powder
   - Yogurt

6. **Something with Body**
   - Tofu
   - Nut Butter

7. **A Crunchy Sprinkle**

Enjoy your smoothie!