



10 Delicious Smoothie Bowls

1

Tropical Paradise Bowl

Ingredients: Mango, pineapple, coconut milk, spinach (optional)

Toppings: Sliced banana, shredded coconut, granola, chia seeds

2

Berrylicious Blast Bowl

Ingredients: Frozen berries (strawberries, blueberries, raspberries), almond milk

Toppings: Fresh berries, granola, drizzle of honey



3

Citrus Sunshine Bowl

Ingredients: Oranges, grapefruit, squeeze of lemon or lime, spinach (optional)

Toppings: Citrus segments, toasted coconut, chopped pistachios

4

Green Goddess Bowl

Ingredients: Spinach or kale, avocado, cucumber, coconut water

Toppings: Sliced banana, kiwi, hemp seeds or spirulina powder

5

Pina Colada Bowl

Ingredients: Ripe banana, frozen pineapple, coconut milk

Toppings: Fresh pineapple, toasted coconut, macadamia nuts

6

Creamy Chocolate Peanut Butter Bowl

Ingredients: Frozen banana, unsweetened cocoa powder, peanut butter, almond milk, dates (optional)

Toppings: Drizzle of peanut butter, chopped dark chocolate, crushed peanuts, banana slices



7

Mocha Madness Bowl

Ingredients: Frozen banana, cold brew coffee, almond milk, cocoa powder, almond butter

Toppings: Espresso beans, cocoa nibs, sliced banana, crushed walnuts

8

Matcha Green Tea Bowl

Ingredients: Frozen banana, matcha powder, spinach, almond milk, honey (optional)

Toppings: Sliced kiwi, matcha powder dusting, pumpkin seeds, coconut flakes

9

Watermelon Cooler Bowl

Ingredients: Fresh watermelon chunks, frozen strawberries, lime juice, coconut water

Toppings: Watermelon balls, mint leaves, flaxseeds, sliced cucumber

10

Dragon Fruit Bowl

Ingredients: Dragon fruit (fresh or frozen), banana, almond milk, Greek yogurt, honey

Toppings: Fresh dragon fruit cubes, sliced strawberries, granola

