

# BENEFICIAL BERRIES

All kinds of berries—including raspberries, blueberries, strawberries, and blackberries—not only bring the taste of summer days to a breakfast bowl, they also bring high-quality nutrients. Less familiar berries, such as goji and acai, also pack a potent health punch. Acai, in particular, is a star in many bowl creations, lending a bright flavor, vibrant magenta color, and powerful antioxidant benefits.



**Peanut, Berry & Acai Smoothie Bowl**

## Peanut, Berry & Acai Smoothie Bowl

- 1½ cups mixed berries, frozen
- 1 medium banana, frozen
- 1 cup chopped spinach, frozen
- 1 cup almond milk
- 1 tablespoon peanut butter
- 2 tablespoons acai powder
- 1 tablespoon ground flaxseed
- 2 tablespoons maple syrup
- a pinch of salt

### Suggested toppings

- strawberries
- goji berries
- blueberries
- redcurrants
- sliced plums
- chia seeds
- bee pollen

Wash all produce, then put all of the ingredients into a blender, and blend until smooth. Pour into a bowl, and layer on toppings.

## Bee Berry Smoothie Bowl

- 2 cups blueberries
- 1 acai pack, frozen
- 1 medium banana, frozen
- ½ cup almond milk
- 1 teaspoon maple syrup
- 1 scoop whey protein
- ¼ teaspoon turmeric

### Suggested toppings

- bee pollen
- chia seeds
- red pepper flakes

Put all of the ingredients into a blender, and blend until smooth. Pour into a bowl, and layer on toppings.



### THINK ABOUT IT!

A dusting of bee pollen isn't just pretty. Bee pollen contains almost all of the nutrients required by the human body. It's rich in vitamins, minerals, proteins, and a host of other beneficial nutrients.

## Hot Berry & Tofu Smoothie Bowl

- 1 pound fresh strawberries
- 2 cups blueberries
- 9 ounces tofu
- ½ teaspoon ground ginger
- 2 pinches of red pepper flakes
- ¼ teaspoon rum extract
- 1 tablespoon honey
- 1 teaspoon lemon juice
- ½ cup ice

### Suggested toppings

- sliced strawberries
- blueberries
- red pepper flakes

Wash all produce, then put all of the ingredients into a blender, and blend until smooth. Pour into a bowl, and layer on toppings.

## Vegan Berry Crunch Smoothie Bowl

- 1 cup chopped kale
- or baby spinach leaves
- 1 tablespoon chia seeds
- 1 cup unsweetened almond milk
- 1 cup mixed berries, frozen
- 1 medium banana, frozen
- 1 to 2 teaspoons light agave syrup

### Suggested toppings

- sliced strawberries
- blueberries
- raspberries
- chia seeds
- sliced almonds

Wash all produce, then put all of the ingredients into a blender, and blend until smooth. Pour into a bowl, and layer on toppings.



**Bee Berry Smoothie Bowl**