

NAME _____



Smoothie Bowls

Healthy Benefits
and Deliciousness all in one bowl!

What is Açaí, Acerola, Dragon, Passion, Coconut Cacao Powder and Chia Seeds?



Açaí | *āh sigH ē* | Mashed berries of the açaí palm, they are not sweet but have an "earthy" and creamy taste.

Acerola
| *āh sir Rolā* |
Acerola is a shrub or small tree that bears a delicious cherry-like fruit.



Dragon Fruit, also known as pitahaya or strawberry pear, is a tropical fruit known for its vibrant red skin and sweet, seed-speckled pulp.

Passion Fruit, contains key vitamins and minerals and is rich in antioxidants.



Coconut contains protein, important minerals (magnesium, copper, iron), antioxidants and B vitamins.

Cacao Cream Sorbet contains high levels of key vitamins and minerals and is rich in antioxidants.



Chia Seeds contain antioxidants, iron, minerals, fiber, and omega-3 fatty acids.

Choose a Base

- | | |
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| <input type="checkbox"/> Organic Açaí | <input type="checkbox"/> Organic Passion Fruit |
| <input type="checkbox"/> Organic Pink Guava with Acerola | <input type="checkbox"/> Organic Coconut |
| <input type="checkbox"/> Organic Dragon Fruit | <input type="checkbox"/> Cacao Cream Sorbet |

Choose a Protein (optional)

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| <input type="checkbox"/> Yogurt | <input type="checkbox"/> Cottage Cheese | <input type="checkbox"/> Chia Pudding (w/ almond milk) |
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Choose the Fresh Fruit (up to 3)

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|---------------------------------------|----------------------------------|
| <input type="checkbox"/> Strawberries | <input type="checkbox"/> Bananas |
| <input type="checkbox"/> Blueberries | |

Choose the Toppings (up to 6)

- | | | |
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| <input type="checkbox"/> Pecans | <input type="checkbox"/> Granola (not GF, contains nuts) | <input type="checkbox"/> Honey |
| <input type="checkbox"/> Walnuts | <input type="checkbox"/> Gluten-Free Granola | <input type="checkbox"/> Mini Chocolate Chips |
| <input type="checkbox"/> Cashews | <input type="checkbox"/> Keto Granola | |
| <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> Almond Butter | |
| <input type="checkbox"/> Chia Seeds | <input type="checkbox"/> Peanut Butter | |
| <input type="checkbox"/> Coconut | | |

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| <input type="checkbox"/> Lid | <input type="checkbox"/> No Lid |
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