



TROPICAL SMOOTHIE BOWL

SERVINGS: 8

PREPPING TIME: 15 MIN

FREEZER TIME: 1 HOUR

Ingredients

Canned Coconut Milk	Granola
Frozen Pineapple	Strawberries
Frozen Banana	Blue Spirulina*
Frozen Mango	
Honey	
Coconut Extract	

Directions

1. Blend the following ingredients in a blender. Pour individually into separate superfood containers and put in freezer for 1 hour after blending.
2. **Blue Layer:** 1/2 Cup Coconut Milk, 1 cup pineapple, 1 banana, 2 scoops Blue Spirulina (about 1/2 teaspoon total) 1-2 tablespoons honey
3. **White Layer:** 1/2 Cup Coconut Milk, 1 cup pineapple, 1 banana, 1 tablespoon coconut extract, 1-2 tablespoons honey
4. **Yellow Layer:** 1/2 Cup Coconut Milk, 1 cup mango, 3/4 cup pineapple, 1 banana, 1 teaspoon vanilla, 1-2 tablespoons honey.
5. After smoothies have frozen, spoon each layer into a cup layering the colors. Add fresh chopped strawberries, granola, honey and any other toppings you want! Since the smoothies only contain fruit they will be frozen hard. Leave them on the counter for a few minutes to soften. Scrape each layer with a metal spoon for desired consistency. Enjoy!

