

# Luscious Pineapple Mango Smoothie Bowl

## Ingredients

1

LeafSide Tropical Bliss smoothie

2 cups

plant milk  
*(recommend unsweetened almond or coconut or a blend of these)*

2

frozen bananas

1 cup

frozen pineapple

2 teaspoons

hemp seeds

2 cups

chopped mango

1/2 cup

coconut flakes

2 teaspoons

chia seeds

2 tablespoons

rolled oats

Escape your everyday routine with tropical flavors that will have you dreaming about island breezes and endless sunsets. Sweet pineapple & mango combine with creamy banana, along with chewy coconut & oats to delight your senses and fill you with vitality! Chia & hemp super seeds complete this empowering bowl that will prepare you for a day filled with possibilities!

Makes 4 Servings

PREP TIME: 10 minutes • COOK TIME: 0 minutes

soy  
free

wheat  
free

Tools Needed: high speed blender with 64oz minimum carafe (800+ watts power)

1. Pour LeafSide's Tropical Bliss smoothie into a blender; add plant milk (instead of water).
2. Add frozen bananas & frozen pineapple and blend until smooth and thick.
3. Pour mixture into bowls; divide the toppings per serving & arrange in lines of hemp seeds, chopped mango, coconut flakes, chia seeds, & rolled oats.

Other suggested toppings: chopped nuts, sliced banana, pineapple chunks, sliced nectarines, minced fresh ginger, lime juice.



Unique Whole  
Plant Foods



Fill popsicle molds with blended mixture and freeze for a delicious & nutritious frosty treat anytime.

## Omega Me Crazy

What's the skinny on fats and healthy eating? The short answer is to stick to unprocessed whole forms of plant fats, like whole nuts and seeds (no evidence of harm even in relatively large amounts), and avoid processed fats like oils or animal products (abundant evidence of harm even in small amounts). Omega-6 and omega-3 are essential fatty acids (EFAs) that your body cannot produce so they must come from food. To achieve a healthy balance of each, avoid processed fats and eat whole plant fats, especially ground flaxseed, chia seeds, hemp seeds, and walnuts. This will be the easiest way to reach a healthy balance of 4:1, or even lower. Standard American Diet eaters typically have a high-risk ratio around 15:1, whereas high-longevity traditional cultures' diets are much lower, sometimes approaching 1:1.<sup>10</sup>



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