

# Wild Berry Smoothie Bowl

## Ingredients

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LeafSide Blue  
Brilliance Smoothie

2 cups

plant milk  
*(recommend unsweetened almond  
or unsweetened  
vanilla almond)*

2

frozen bananas

1 cup

frozen cherries

2 teaspoons

hemp seeds

2 cups

blueberries

1/2 cup

sliced  
strawberries

2 teaspoons

chia seeds

2 tbsp

rolled oats

**J**ump start your week with a burst of berry energy! This sweet & invigorating meal is quick to prepare and destined to become a favorite for breakfast or anytime you'd like a blast of immune-boosting nutrients. Feel free to vary the toppings to change up the flavors & make your own lovely edible art!

Makes 2-4 Servings

PREP TIME: 10 minutes • COOK TIME: 0 minutes

soy  
free

wheat  
free

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

1. Pour LeafSide's Blue Brilliance Smoothie into a blender, and use plant milk (instead of water).
2. Add frozen bananas & frozen cherries and blend until smooth and thick.
3. Pour mixture into bowls; divide the toppings per serving & arrange in lines of hemp seeds, blueberries, strawberries, chia seeds, & rolled oats.

*Other suggested toppings: chopped nuts, sliced banana, blackberries, goji berries, cacao nibs, unsweetened coconut, nut butter, lemon juice.*

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*Unique Whole  
Plant Foods*



*Chill empty serving bowls overnight to keep your meal from getting soupy too quickly.*

## The Berry Best Antioxidants

*From early childhood, our eyes are quickly drawn to bright, vivid colors in real food (watch out for those artificial dyes trying to fool you!) — especially in berries, as we know instinctively that rich and rare colors (blues, reds) mean rich nutrition. Only herbs & spices beat berries for phytonutrients and antioxidants, which boost your immunity to infections, cancers, heart disease, cognitive decline, and much more. <sup>2</sup>*



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your phone camera.*

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Breakfast