

A close-up photograph of a white ceramic bowl filled with a thick, vibrant red smoothie. The smoothie is topped with several slices of fresh banana, a generous amount of golden-brown granola, and a sprig of fresh green mint. The bowl is set on a light-colored wooden surface. In the background, another similar bowl is partially visible, along with a small bowl of blueberries and some scattered granola and blueberries on the table.

Simply Delicious!

Smoothie Bowls

Dr. Smoothie

Fruit & Veggie Smoothie Bowl Recipes

Yield: 16oz. finished bowl

2 2/3 oz. water

5 1/3 oz. Dr. Smoothie Concentrate (flavor you choose)

16 oz. – 18 oz. cup of ice

Add the ingredients in the order listed above and blend.

For a Protein or Yogurt based smoothie bowl – Add 1 scoop of Smoothie-Ceuticals Whey Protein or – Add 1 scoop of Cafe Essentials Yogurt Lover's Choice or Yogurt Lover's Plus Top with your favorite fruit, granola and seeds for an unbelievable delicious, Healthy treat!

Finishing Touches

Seeds
& Nuts



Top With



Sliced fruit
& granola

