



RASPBERRY RHUBARB ROSE SMOOTHIE BOWL



INGREDIENTS:

SMOOTIE

- ¼ c fresh kale, tightly packed
- ½ c coconut milk (i.e. So Delicious)
- ¼ c coconut water (i.e. Harmless)
- ¼ tsp vanilla extract
- 1 c organic frozen berry blend (with strawberries, blueberries, and blackberries)
- 1 tbsp organic old-fashioned rolled oats
- 1 tbsp raw walnut pieces
- 2 tbsp Detroit Jam Co. Raspberry Rhubarb Rose Jam

TOPPINGS

- Fresh strawberry slices
- Fresh sunshine (or regular red) raspberries
- Fresh blueberries
- Organic coconut flakes
- Organic chia seeds

PREPARATION:

- 1- Mix all of the smoothie ingredients together in a high-powered blender.
- 2- Pour the smoothie into a bowl.
- 3- Garnish with toppings.
- 4- Serve immediately & enjoy!

NOTE: This smoothie bowl can easily be turned into a Triple R Chia cup!

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