



Berry-licious Yogurt Breakfast Cups

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: NIL

Ingredients

- 1 cup frozen mixed berries (strawberries, blueberries, raspberries)
- 1 ripe banana
- 1/2 cup Greek yogurt (plain or flavored)
- 1/4 cup milk (dairy or plant-based)
- 1 tablespoon honey or maple syrup (optional, for sweetness)
- A splash of vanilla extract (optional)

For the toppings:

- Sliced fresh berries (strawberries, blueberries, raspberries)
- Granola
- Drizzle of honey or nut butter

Directions

1. In a blender, combine the frozen mixed berries, ripe banana, Greek yogurt, milk, honey or maple syrup (if using), and vanilla extract (if using). Blend until smooth and creamy. Adjust the milk quantity to achieve your desired thickness.
2. Once the smoothie is well blended, pour it into a bowl.
3. Arrange your preferred toppings on the smoothie bowl. Begin with fresh berry slices, banana slices, granola, chopped nuts, and shredded coconut.
4. Finish by drizzling honey or nut butter over the top for extra flavor and sweetness.
5. Grab a spoon and dive into your scrumptious yogurt smoothie bowl!

Feel free to experiment with different toppings and yogurt flavors to create your own unique and delightful breakfast treat.





"Spirulina Chia Delight: Coconut Cream and Frozen Berries"

SERVINGS: 1

PREPPING TIME: 10 MIN

COOKING TIME: NIL

Ingredients

- 1/4 cup chia seeds
- 1 cup coconut milk (canned or carton)
- 1 teaspoon blue spirulina powder
- 1-2 tablespoons honey or maple syrup (adjust to taste)
- 1/2 teaspoon vanilla extract
- For the Whipped Coconut Cream:
 - 1 can full-fat coconut milk (refrigerated overnight)
 - 1 tablespoon honey or maple syrup

For the Toppings:

- Frozen blackberries and blueberries
- Fresh mint leaves (for garnish)

Directions

1. In a bowl, mix chia seeds, coconut milk, blue spirulina powder, honey or maple syrup, and vanilla extract. Stir well to combine.
2. Let the mixture sit for about 15-20 minutes, stirring occasionally to prevent clumping.
3. Once the chia seeds have absorbed the liquid and the mixture thickens, transfer it to individual serving glasses or jars.
4. Refrigerate the chia pudding for at least 2 hours, or preferably overnight, to allow it to fully set.

Whipped Coconut Cream:

1. Open the can of refrigerated coconut milk. Scoop out the thick coconut cream that has risen to the top, leaving the liquid behind (save it for other uses like smoothies).
2. Using a hand mixer or a whisk, whip the coconut cream until smooth and creamy.
3. Add honey or maple syrup and continue whipping until well combined.



continue...Directions

Assembling:

- 1.Remove the chia pudding glasses from the refrigerator.
- 2.Spoon a generous dollop of whipped coconut cream on top of each chia pudding.
- 3.Add a handful of frozen blackberries and blueberries on top of the coconut cream.
- 4.Garnish with fresh mint leaves for a burst of color and flavor.
- 5.Serve immediately and enjoy your vibrant and delicious Blue Spirulina Chia Puddings with Whipped Coconut Cream and Frozen Berries!
- 6.This recipe offers a visually stunning and nutritious treat, combining the vibrant blue spirulina chia pudding with the creamy richness of whipped coconut cream and the refreshing burst of frozen berries.





Enchanted Morning Smoothie Bowl

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: NIL

Ingredients

- 1 cup frozen mixed berries (strawberries, blueberries, raspberries)
- 1/2 cup coconut milk (canned or carton)
- 1/2 ripe avocado
- 2 tablespoons honey or maple syrup (adjust to taste)
- 1 tablespoon coconut oil
- 1/2 cup coconut water
- A splash of lime juice (optional)

For the toppings:

- Fresh berries (strawberries, blueberries, raspberries)
- Shredded Coconut
- Edible Flowers

Directions

1. In a blender, combine the frozen mixed berries, coconut milk, ripe avocado, honey or maple syrup, coconut oil, coconut water, and lime juice (if using). Blend until smooth and creamy.
2. Once the smoothie is well blended, pour it into a bowl.
3. Arrange your preferred toppings on the smoothie bowl. Begin with Edible Flowers, Blueberries
4. Give your creation a final sprinkle of shredded coconut for a tropical touch.
5. Grab a spoon and savor your unique and nutritious Coconut Berry Fusion Smoothie Bowl!

Feel free to experiment with different toppings to create your own unique and delightful breakfast treat.

