

Green Farm Smoothie Bowl

½ cup	Water
½ TBSP	JOI Almond Paste
2	Dates
¼ tsp	Spirulina
1 packet	Green Farm Base Contains <ul style="list-style-type: none"> • 1 acai packet • ½ cup banana • ¼ cup blueberries • ¼ cup strawberries • 1 cup spinach
Toppings: <ul style="list-style-type: none"> • ¼ cup <i>Toasted Oats</i> • ¼ cup <i>Granola</i> • ½ <i>Banana (sliced)</i> • 2 <i>Spoonsful of Fresh Berries</i> • 1 <i>TBSP Goji Berries</i> • <i>Optional: honey, berry or PB drizzle</i> 	

PB&J Smoothie Bowl

½ cup	Water
½ TBSP	JOI Almond Paste
1 TBSP	Peanut Butter
1 packet	PB&J Base Contains <ul style="list-style-type: none"> • 1 acai packet • 1 banana • ½ cup blueberries
Toppings: <ul style="list-style-type: none"> • ¼ cup <i>Toasted Oats</i> • ¼ cup <i>Granola</i> • ½ <i>Banana (sliced)</i> • 2 <i>TBSP Cacao Nibs</i> • <i>PB Drizzle</i> • 2 <i>Spoonsful of Fresh Berries</i> 	

Tropical Smoothie Bowl

½ cup	Coconut Milk
1 cup	Tropical Base Contains <ul style="list-style-type: none"> • 1 cup Pitaya • ½ banana • ¼ cup mango • ¼ cup pineapple
Toppings: <ul style="list-style-type: none"> • ¼ cup Toasted Oats • ¼ cup Granola • ½ Banana (sliced) • 1 Spoonful of diced fresh mango • 1 Spoonful of diced fresh kiwi • 1 Spoonful of diced fresh pineapple • 1 TBSP Toasted Coconut • Optional honey drizzle 	

Buckeye Bowl

½ cup	Water
½ TBSP	JOI Almond Paste
1 TBSP	Peanut Butter
2	Date
1 TBSP	Cacao Powder
1.5 TBSP	Chocolate Shake Mix Contains: <ul style="list-style-type: none"> • 1 TBSP cacao • 1 tsp maca • 1 tsp chia • 1/8 tsp cinnamon
1 packet	Buckeye Base Contains: <ul style="list-style-type: none"> • 1 banana • 1 cup almond milk ice cubes
Toppings: <ul style="list-style-type: none"> • ¼ cup Toasted Oats • ¼ cup Granola • ½ Banana (sliced) • 2 TBSP Cacao Nibs • PB Drizzle 	

Power Green Bowl

½ cup	Water
½ TBSP	JOI Almond Paste
1 TBSP	Almond Butter
1 tsp	Vanilla
2	Dates
1 TBSP	Protein Powder
¼ cup	Avocado
1 cup	Power Greens
1 Packet	Vanilla/Choc Base Contains: 1 banana 1 cup almond milk ice cubes
Toppings: <ul style="list-style-type: none"> • ¼ cup Toasted Oats • ¼ cup Granola • ½ Banana (sliced) • 2 Spoonsful of Fresh Berries • 1 TBSP goji berries • Berry Drizzle 	

Vanilla Bowl with Chai Drizzle

½ cup	Water
½ TBSP	JOI Almond Paste
2 TBSP	Chai Cashew Drizzle
1 tsp	Vanilla
2	Dates
1 TBSP	Protein Powder
1 Packet	Vanilla/Choc Base Contains: 1 banana 1 cup almond milk ice cubes
Toppings: <ul style="list-style-type: none"> • ¼ cup Toasted Oats • ¼ cup Granola • ½ Banana (sliced) • 2 Spoonsful of Fresh Berries • Chai Cashew Drizzle 	

Chocolate Cherry Matcha Bowl (Seasonal)

½ cup	Water
½ TBSP	JOI Almond Paste
1	Banana
1 cup	Frozen Cherries
1 TBSP	Cacao Powder
¼ tsp	Matcha
2	Dates
<i>Toppings:</i> <ul style="list-style-type: none"> • <i>¼ cup Toasted Oats</i> • <i>¼ cup Granola</i> • <i>½ Banana (sliced)</i> • <i>2 TBSP Cacao Nibs</i> • <i>Chocolate Drizzle</i> • <i>2 Spoonsful of Fresh Berries</i> 	

Peaches & Green Bowl (Seasonal)

½ cup	Water
½ TBSP	JOI Almond Paste
1 cup	Frozen Peaches
1 cup	Spinach
2	Dates
1 tsp	Vanilla
1 Packet	Vanilla/Choc Base Contains: <ul style="list-style-type: none"> • 1 banana • 1 cup almond milk ice cubes
<i>Toppings:</i> <ul style="list-style-type: none"> • <i>¼ cup Toasted Oats</i> • <i>¼ cup Granola</i> • <i>½ Banana (sliced)</i> • <i>3 Spoonsful peaches</i> • <i>Berry Drizzle</i> 	

Love Yourself Bowl (Seasonal)

½ cup	Water
½ TBSP	JOI Almond Paste
1 TBSP	Protein Powder
1 Packet	Strawberry Base Contains: <ul style="list-style-type: none"> • 1 banana • 1 cup of strawberries
Toppings: <ul style="list-style-type: none"> • ¼ cup <i>Toasted Oats</i> • ¼ cup <i>Granola</i> • ½ <i>Banana (sliced)</i> • 2 TBSP <i>Cacao Nibs</i> • <i>Chocolate Drizzle</i> • 2 <i>Spoonsful of Strawberries</i> 	

Hot Oatmeal

½ cup	Oats
1 TBSP	Chia Seeds
1 TBSP	Maple Syrup
1 TBSP	Almond or Peanut Butter
1 cup	Boiling Water
Mix all above ingredients into a smoothie bowl	
Toppings: <ul style="list-style-type: none"> • ½ <i>Banana (sliced)</i> • 2 <i>Spoonsful of Strawberries</i> 	

Pumpkin Bowl (Seasonal)

½ cup	Water
½ TBSP	JOI Almond Paste
3 TBSP	Pumpkin Puree
1 tsp	Pumpkin Spice
1 packet	Vanilla/Choc Base Contains <ul style="list-style-type: none"> • 1 banana • 1 cup almond milk ice cubes
Toppings: <ul style="list-style-type: none"> • Toppings: • ¼ cup <i>Toasted Oats</i> • ¼ cup <i>Granola</i> • ½ <i>Banana (sliced)</i> • 2 TBSP <i>Cacao Nibs</i> • <i>PB Drizzle</i> • 2 <i>Spoonsful of Fresh Berries</i> 	