## FRESH SMOOTHIES DRIED SPIRULINA POWDER

#### RECIPE

Method 1: Add Spring Spirulina powder to your favorite smoothie or fruit juice for breakfast.

Method 2:

Try making some energy balls with Spring Spirulina powder, dates, cashews, cacao powder, goji berries, and dried coconut. Add to your dinner by mixing in with curry, stew, or risotto.

## Method 3:

Make dessert healthier by blending with frozen mango and raspberries and lime juice to make spirulina sorbet.





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# FRESH SMOOTHIES SPIRULINA POWDER



#### **INGREDIENTS**

- 1 pear
- 1 big apple
- 250ml of almond milk

#### PREPARATION

- 1. Mix the pear, apple, and almond milk with spring spirulina powder
- 2. Enjoy!!!

#### A RECIPE BY @APPLE\_MISS\_WHATWVWR

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# NANA-LINA DOUBLE BOWL



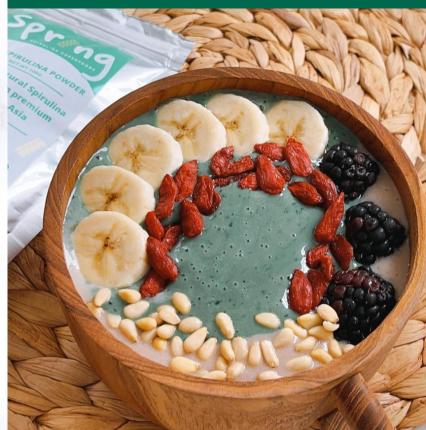
## THE INGREDIENTS

- 1-1.5 portion of banana (depending on thickness of smoothie you love)
- 1 portion of almond milk
- Spirulina powder
- Sliced bananas
- Blackberries
- Goji berries
- Pine nuts

## PREPARATION

- 1. Blend the bananas and almond milk together.
- Pour half onto the bowl and add Spirulina onto the other half, blend properly till even.
- 3. Pour into the same bowl.
- 4. Top the smoothie bowl with bananas, blackberries, goji berries, and pine nuts.

### A RECIPE BY @SHE\_WAN



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