



# 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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## 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





# 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.
2. 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

