







DESSERT SMOOTHIES CALL D



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Smoothies are deliciously versatile—you can transform your favorite desserts into your go-to morning beverage or afternoon pick-me-up. But, how do you mimic the indulgent taste of dessert in a smoothie while keeping it healthy? There are a few tricks of the trade to make a healthy smoothie taste just like dessert:

KEEP IT SWEET, MAKE IT RICH AND CAPTURE THE FLAVOR.

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FIND THEM IN THE FROZEN AISLE

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5 SIMPLE STEPS TO YOUR PERFECT SMOOTHIE



Every healthy smoothie starts with frozen Wild Blueberries

because they're loaded with antioxidants and phytonutrients; they also provide fiber, natural sweetness, and delicious taste. Frozen Wild Blueberries deliver a perfect, cool consistency with every sip.



Smoothies are a great way to sneak a serving or two of veggies into your day, and

veggies matter, because they provide the fiber, vitamins, minerals, and essential nutrients that your body needs every day.



Liquid is essential for controlling the thickness and drink-ability of your smoothie. Liquids also offer a way to stay hydrated, restore electrolytes, and even add some calcium and protein to your smoothies.



4 THICKEN IT UP

Stay satisfied longer and improve your digestion by adding probiotics, creamy blendable proteins, and other fiber-rich, natural ingredients to your smoothies. Thickening up your smoothie the smart way keeps your body humming.

5 HEALTH AND FLAVOR BOOSTERS

The finishing touch on the perfect smoothie can be as simple as a teaspoonful of flaxseeds, a pinch of nutmeg, a lemon zest, or a sprig of mint. A host of flavorful boosters can turn an average smoothie into a shareable moment.

THE ULTIMATE DESSERT SMOOTHIE CHECKLIST

BLEND IT UP—DRINK TO YOUR HEALTH

KEEP IT SWEET



TIP: Keep your smoothie sweet enough to satisy your sweet tooth:

- Bananas
- Dates
- Honey

- Maple Syrup
- Steevia
- Wild Blueberries
- Spices:- Cardamon
- Cinnamon

MAKE IT RICH



- Tip: Give your smoothie an indulgent taste and texture:
 - Avocado
 - Canned Coconut Milk
 - Cottage Cheese
- Frozen Banana
- Greek Yogurt

Oats

- Silken Tofu
- Soaked Cashews

CAPTURE THE FLAVOR

Tip: Think about the ingredients that give your favorite dessert its unique flavor and add them to your smoothie!



- Chocolate:
- Cacao Nibs
- Cacao Powder
- Herbs:
- Basil
- Mint

- Nuts:
- Almonds - Nut butters
- Walnuts

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WILD BLUEBERRY COCONUT CREAM PIE SMOOTHIE

SERVES 1

INGREDIENTS

- 1 cup frozen Wild Blueberries
- ½ frozen banana
- 3 tbsp. coconut flakes
- 1/4 cup coconut cream*
- 2 tbsp. graham cracker crumbs
- 2 tbsp. vanilla protein powder
- 1 cup coconut milk beverage

*Use canned coconut cream, or skim coconut cream off the top of a can of full-fat coconut milk.

METHOD

Blend all ingredients together until smooth and creamy.



COCONUT CREAM

Coconut cream is the cream that rises to the top of a can of coconut milk. It has a much thicker consistency and richer flavor. You can also make it from scratch by simmering one-part water to four-parts shredded coconut.

RECIPE BY • Kara Lydon, RD, LDN, RYT is a nationally recognized • food and nutrition expert and yoga teacher based in Boston. Kara offers nutrition and culinary coaching, consults with corporate wellness clients, and partners with like-minded food brands and organizations on recipe development, food photography, and nutrition communications and marketing. Kara has most recently been featured in Fitness, Shape, Today's Dietitian, Environmental Nutrition, and Food & Nutrition Magazine. Her food and healthy living blog, The Foodie Dietitian, features delicious, seasonal, vegetarian recipes and simple strategies to bring more yoga and mindfulness into your life. She has been featured on The Kitchen, BuzzFeed, TODAY, and SELF. Kara previously led health communication strategy for Chobani, Inc., where she pioneered an integrated program targeting health professionals, and served as the key nutrition spokesperson for America's #1 selling Greek Yogurt brand.

KARA LYDON, RD, LDN, RYT





WILD BLUEBERRY BANASPLIT SMOOTHIE BOWL

SERVES 1

INGREDIENTS

1 cup frozen Wild Blueberries

1 tbsp. chocolate hazelnut spread

2-4 oz. unsweetened almond milk

1 refrigerated banana

Strawberries, raspberries, and blackberries for topping

2 tbsp. cacao nibs

METHOD

Blend the frozen Wild Blueberries, nut butter and almond milk until smooth and creamy.

Slice cold banana in half and lay

Scoop out Wild Blueberry mixture and place in between banana halves.

Cover with fresh berries and a few more frozen Wild Blueberries & cocao nibs.



COCAO NIBS

These little gems have a lovely chocolate taste. A great source of antioxidants, vitamins, minerals, and fiber, cacao nibs are pieces of dried, roasted and crushed cacao bean—where chocolate comes from!

RECIPE BY Danielle Omar is a registered dietitian, cleaneating coach, teacher, and cookbook author. She is a passionate food and nutrition educator and founded Danielle Omar Nutrition to support busy men and women on their journey to becoming their healthiest self. An avid cook, she also enjoys sharing plant-based recipes and nutrition strategies on her Food Confidence blog. Danielle has a Master's degree in Nutrition and has been teaching nutrition at the college level for over 10 years. She has contributed to local and national media outlets such as The Washingtonian, The Washington Post, The New York Times, Shape Magazine, and Women's Health Magazine. Through her private nutrition practice, media work, and group programs, Danielle has successfully motivated hundreds of busy professionals and families to eat confidently and live a healthy life.

DANIELLE OMAR, MS, RDN





WILD BLUEBERRY CHEESECAKE SMOOTHIE

SERVES 2

INGREDIENTS

1/2 cup cashews, soaked in water for at least two hours

4 pitted Medjool dates, soaked in warm water for ten minutes

1½ cups of unsweetened cashew or almond milk

1 cup frozen Wild Blueberries

½ tsp. vanilla bean paste

2 tbsp. pecans

1 tbsp. coconut sugar honey for rimming the glass

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Combine cashews, dates and $\frac{1}{2}$ cup of the milk in a blender. Blend until smooth. Remove 2 tablespoons of the cashew cream and set aside.

Add the remaining milk, Wild Blueberries and vanilla bean paste to the blender and blend until smooth.

Add the pecans and coconut sugar to a food processor and process until finely ground. Place the mixture in a small dish.

Rim two glasses with honey and roll in the pecan/coconut sugar mixture.

Pour the smoothie into the glasses, dollop the cashew cream into each glass and sprinkle the remaining pecan/coconut sugar mixture on top.



CASHEWS

Cashews add a buttery sweetness and fantastic consistency to any smoothie. By soaking cashews, you improve their nutrition—reducing the phytic acid and enzyme inhibitors levels, making them easier to digest.

RECIPE By Gina Matsoukas is the author of the site Running to the Kitchen, a healthy recipe blog with a focus on seasonal and local ingredients that started in 2011. Inspired by her love for food from a young age, a recent weight loss and revamped outlook on health, her goal is to inspire people to eat well without sacrificing flavor and to make healthy food enjoyable and approachable.

GINA MATSOUKAS





WILD BLUEBERRY MAPLE MINT SMOOTHIE

SERVES 1

INGREDIENTS

- 1 banana (sliced and frozen)
- 1 cup frozen Wild Blueberries
- ½ cup maple water
- ½ cup almond milk
- ¼ tsp. peppermint extract
- 1 tsp. maple syrup

METHOD

Add all ingredients into a blender and combine until smooth.

(Optional) Garnish with fresh mint leaves.



MAPLE SYRUP

Maple syrup is a great replacement for refined sugars such as corn syrup or agave nectar. It contains up to 24 different antioxidants and minerals like zinc and manganese, while having a lower score on the glycemic index.

RECIPE BY Kim Hoban is a Registered Dietitian Nutritionist and the voice behind KHNutrition.com who believes in plant-based, intuitive eating and promotes whole REAL foods over the "diet of the day". Nutrition is a complex science and she takes a very individualized and realistic approach to wellness that still allows for indulgent foods and FUN! Kim understands that what works for your best friend, sister-in-law, co-worker or neighbor might not be best for you. She believes that eating should not be about depriving ourselves of foods, but rather nourishing our bodies with the nutrients we need to live a happy and healthy life.

KIMBERLY HOBAN, RD OF KH NUTRITION





ALMOND BUTTER & JELLY SMOOND BUTTER & JELLY

SERVES 1

INGREDIENTS

1/2 cup frozen Wild Blueberries

1/2 cup frozen raspberries

2 tbsp. almond butter

2 tbsp. berry-flavored protein powder

1 cup almond milk

METHOD

Blend all ingredients together until smooth and creamy.



PROTEIN POWDERS

Protein powders come in various forms, flavors, and price tags. They are great additions to smoothies for growing teens, help support new workout routines, aid in injury recovery, and provide supporting protein sources for vegans.

RECIPE BY Kara Lydon, RD, LDN, RYT is a nationally recognized food and nutrition expert and yoga teacher based in Boston. Kara offers nutrition and culinary coaching, consults with corporate wellness clients, and partners with like-minded food brands and organizations on recipe development, food photography, and nutrition communications and marketing. Kara has most recently been featured in Fitness, Shape, Today's Dietitian, Environmental Nutrition, and Food & Nutrition Magazine. Her food and healthy living blog, The Foodie Dietitian, features delicious, seasonal, vegetarian recipes and simple strategies to bring more yoga and mindfulness into your life. She has been featured on The Kitchen, BuzzFeed, TODAY, and SELF. Kara previously led health communication strategy for Chobani, Inc., where she pioneered an integrated program targeting health professionals, and served as the key nutrition spokesperson for America's #1 selling Greek Yogurt brand.

KARA LYDON, RD, LDN, RYT



MAKE YOUR NEXT DESSERT SMOOTHIE



For more smoothie recipes and other good stuff, visit **wildblueberries.com/smoothies**