## Smoothie Bowls

Try something new and make yourself a smoothie bowl with your favorite toppings! Follow along with one of the recipes below and enjoy your delicious creation!

### Ingredients:
- 1 cup frozen blueberries
- 1 banana
- 1 tbsp honey
- Apple juice (add to your liking - helps make it less thick)
- Plain yogurt
- Ice

### Camp Day Purple Sunrise Smoothie

#### Ingredients:
- 2 tbsp shredded beets
- 1 cup frozen berries
- 1 cup coconut milk
- 1 tbsp maple syrup (optional)

### Summer Camp Sunshine Smoothie

#### Ingredients:
- 2 bananas
- 1 cup orange juice
- 1 orange, peeled and cut up
- 1 carrot peeled and cut up
- Ice

### Toppings/Decorations

- Combine smoothies of your choice
- Top with cut up fruits and your other favourite toppings

Or try one of our advanced recipes!