

# MIAMI FRUIT RECIPE BOOK



**SIMPLE AND EASY TO MAKE  
RAW VEGAN RECIPES**

**MIAMI  
FRUIT**

# SELF LOVE SMOOTHIE



**1 LARGE RED DRAGONFRUIT**

**7 FROZEN NAM WAH BANANAS**

**ADD WATER OR NUT MILK OF YOUR CHOICE AND BLEND**

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FRUIT**

# SUPER SIMPLE PERSIMMON PUDDING



**SUPER SIMPLE PERSIMMON RECIPE:**

**1 BLENDER FULL OF RIPE TROPICAL PERSIMMONS**

**1-5 DATES (OPTIONAL)**

**1 DASH OF CINNAMON**

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# PASSIONFRUIT SMOOTHIE BOWL



FROZEN MANGO

FROZEN PASSIONFRUIT

FROZEN JACKFRUIT

FROZEN BANANAS

ADD WATER

BLEND

TOP WITH FRESH PASSIONFRUIT

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# PAPAYA HEAVEN SMOOTHIE



1 SMALL OR HALF LARGE PAPAYA

2 LARGE PASSIONFRUITS OR 6 SMALL PASSIONFRUIT

5 FROZEN MYSORE BANANAS

WATER

(OPTIONAL ADD KEY LIME)

THE PASSIONFRUIT ALMOST GIVES IT AN ORANGE CREAMSICLE  
FLAVOR

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# MAMAY-ZING SMOOTHIE



-32 OZ JAR OF FROZEN MAMEY

-32 OZ JAR OF FROZEN BANANAS

-1 CUP WALNUTS

-THUMB OF GINGER

-1 TBSP CINNAMON

-1/4 TSP NUTMEG

-1/4 TSP CLOVES

-32 OZ MASON JAR OF WATER .

ADD DATES FOR EXTRA SWEETNESS

TOP WITH FREEZE DRIED MAMEY FOR EXTRA CRUNCH

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# CHOCOLATE MALT MYLKSHAKE:



**6 FRESH SAPODILLA**  
**3 FROZEN BANANAS**  
**3 CUPS NON-DAIRY MILK**  
**1 TBSP CACAO POWDER**  
**DASH OF CINNAMON**

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# SIMPLE RAW VEGAN BROWNIE BATTER SMOOTHIE BOWL



- FROZEN BLACK SAPOTE
- CACAO
- WATER OR PLANT MILK
- SWEETEN WITH DATES
- (OPTIONAL) TOP WITH CACAO NIBS, WALNUTS, DRIED MULBERRIES, OR FREEZE DRIED BLACK SAPOTE



# RAW VEGAN FUDGE BROWNIE BAR



- 1 WHOLE CACAO POD
- 1 YELLOW DRAGONFRUIT
- 2 GROS MICHEL BANANAS
  - 20 SMALL DATES
  - 1/2 CUP WALNUTS

BLEND UNTIL SMOOTH. CONSISTENCY SHOULD BE THICK AND SOMEWHAT HARD TO BLEND,  
USE TAMPER IF NECESSARY.

GRAB A SMALL SHALLOW CONTAINER, I USED A TUPPERWARE AND LINE WITH PLASTIC  
WRAP OR REUSABLE NON STICK LINER. SCOOP/POOR CONTENTS OF THE BLENDER INTO  
CONTAINER. TOP WITH CACAO NIBS, WALNUTS, CACAO BEANS. FREEZE OVERNIGHT.

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# SOURSOP CEVICHE



SOURSOP

PERUVIAN CORN

SWEET POTATO (OPTIONAL)

RED ONION

**BLEND: CELERY ONION, GARLIC, GINGER, AND LIME FOR THE JUICE**

**MIX ALL INGREDIENTS AND SERVE FRESH**

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# MINT CHIP CHOCOLATE NICE CREAM



5 FROZEN BANANAS

1 YELLOW DRAGONFRUIT

5 DATES

SPIRULINA POWDER

1 DROP PEPPERMINT OIL

BLEND ALL INGREDIENTS AND TOP WITH CACAO NIBS

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# PERSINNAMON ROLLING OUT OF BED



PISANG RAJA BANANAS

DATES

MIAMI FRUIT PERSIMMON

• CINNAMON

-DEHYDRATE SLICED BANANAS 115 DEGREES FOR 8-10 HOURS

-MAKE DATE/PERSIMMON SAUCE DATE SAUCE IS A CUP OF DATES BLENDED WITH HALF A CUP OF WATER AND 1 PERSIMMON WITH PINCH OF CINNAMON

-SMEAR SAUCE ON DEHYDRATED BANANAS

-ROLL UP!!

-KEEP ROLLING BANANAS INTO THE ROLL TO MAKE THE ROLL BIGGER

-SPRINKLE CINNAMON ON TOP

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# PASSIONFRUIT JUICE



PASSIONFRUIT

HIBISCUS

GINGER

BLEND, STRAIN, AND ADD COCONUT WATER AND AGAVE  
NECTAR(OPTIONAL)

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# SPROUTED COCONUT BURGER



**SUPER SIMPLE!**

**SLICES THE SPROUTED COCONUT INTO BREADLIKE PIECES AND LAYER YOUR FAVORITE TOPPINGS IN BETWEEN!**

**FOR FRUITARIANS: ADD AVOCADO AND TOMATO**

**FOR RAW VEGANS: ADD LETTUCE, ONION, AND TOMATO**

**FOR VEGANS: ADD YOUR FAVORITE PLANT BASED BURGER AND DAIRY FREE CHEESE!**

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FRUIT**