

MIAMI FRUIT SMOOTHIE INSPO

10 AMAZING SMOOTHIE RECIPES
USING FRUIT FROM MIAMI FRUIT





BUBBLE YUM

BASE

2 fresh nam wah bananas

1/2 fresh red dragonfruit

3 cups frozen jackfruit

SERVING SUGGESTIONS

Serve in a mason jar with a straw
or as a bowl topped with
banana, jackfruit, dragon fruit,
& hemp seeds.

MAMEY PIE

BASE

- 1 cup fresh mamey
- 3 frozen bananas
- 1/2 tsp pumpkin pie spice
- 1/4 tsp vanilla extract

SERVING SUGGESTIONS

Serve in a bowl topped with freeze dried cacao, fresh mamey, & pumpkin pie spice.





SPICED PERSIMMON

BASE

4 fresh small persimmons

3 frozen bananas

1/4 tsp pumpkin spice

1/4 tsp cinnamon

SERVING SUGGESTIONS

Serve in a mason jar with a straw or as a bowl topped with banana, freeze-dried persimmon, mulberries, & cinnamon.

ISLAND VIBES

BASE

2 cups frozen jackfruit
3 cups frozen mango
2 key limes (juiced)
1/2 cup coconut water

SERVING SUGGESTIONS

Serve in a mason jar with a straw
or as a bowl topped with
jackfruit, & mango slices.



RAWKY ROAD

BASE

4 frozen bananas
2 medium frozen black sapote
2 tbsp cacao powder

SERVING SUGGESTIONS

Serve in a bowl topped with
freeze dried cacao, freeze dried
sprouted coconut, and mulberries.





CREME BRULEE

BASE

3 frozen bananas
2 cups frozen sapodilla
1/8 tsp vanilla extract

SERVING SUGGESTIONS

Serve in a mason jar w/ a straw
or as a bowl topped with
banana & freeze dried sapodilla.

SWEET TART

BASE

2 cups frozen mango
1 cup frozen papaya
1/2 cup frozen strawberries
1/4 cup fresh gamboge

SERVING SUGGESTIONS

Serve in a mason jar with a straw
or as a bowl topped with
dried coconut, strawberries,
& mango slices.





TROPICAL GREENS

BASE

2 cups frozen mango
2 cups frozen soursop
handful fresh spinach
1/4 cup sweet passionfruit juice
splash of coconut water

SERVING SUGGESTIONS

Serve in a mason jar with a straw
or as a bowl topped with
freeze dried soursop, passionfruit,
& goji berries.

MANGO SORBET

BASE

3 cups frozen mango
1 fresh yellow dragonfruit
1 passionfruit

SERVING SUGGESTIONS

Serve in a mason jar with a straw
or as a bowl topped with
yellow dragonfruit, passionfruit,
and mango slices.





EGG NAH-G

BASE

1/2 cup fresh eggfruit
4 frozen bananas
1/8 tsp vanilla extract
1/2 tsp nutmeg
pinch of ground clove

SERVING SUGGESTIONS

Serve in a mason jar with a straw
or as a bowl topped with
banana, freeze dried eggfruit
crumbles, & cinnamon.

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