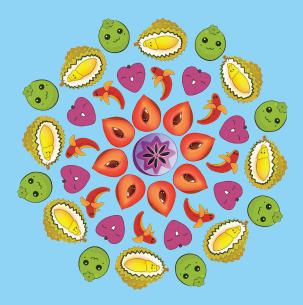
MIAMI FRUIT SMOOTHIE INSPO

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 eggfruit4 frozen bananas1/8 tsp vanilla extract1/2 tsp nutmegpinch 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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