



# Blue Spirulina and Fresh Fruit Bowl

Blended blue spirulina, bananas, mango, and pineapple topped with goji berries and coconut crunch.

**Prep Time:** 15 to 20 minutes  
**Cook Time:** 35 to 45 minutes  
**Yield:** 4 servings; 1 bowl per serving



## Blue Spirulina & Fresh Fruit Bowl

- 4 cups frozen sliced bananas
- 1 cup frozen diced mango
- 1 cup frozen diced pineapple
- 1 1/3 cups unsweetened almond milk
- 4 teaspoons blue spirulina powder
- 1/4 cup each of fresh blueberries, raspberries, and blackberries, gently mixed
- 1 cup peeled kiwi (about 2 kiwis), cut in half, sliced into thin half-moons, and quartered
- 3/4 cup prepared coconut and grain crunch
- 4 teaspoons fresh mint sliced into thin ribbons

1. Prepare Coconut and Grain Crunch. See recipe below.
2. Place the frozen banana, mango, pineapple, and almond milk into a blender.
3. Starting on low speed, blend the ingredients, increasing the speed to high as the ingredients begin to smooth.
4. With the blender still running, add the powdered blue spirulina over the top of the ingredients and blend until fully incorporated.
5. Place the blended ingredients into a bowl and top with 3 tablespoons of mixed berries and 1/4 cup sliced kiwi on one side.
6. Sprinkle 3 tablespoons of coconut and grain crunch next to the fruit, exposing some of the blue smoothie surface.
7. Place 1 teaspoon thinly sliced mint on top of the kiwi. Enjoy immediately!

### Chef Tips:

- If using frozen mixed berries, allow them to thaw overnight in the refrigerator, making sure to drain before using.
- Store-bought roasted pepitas may contain additional allergens (such as peanut oil). Please review the label as needed.

Allergens: milk, tree nuts, peanut, sesame

## Coconut and Grain Crunch

- 4 teaspoons unsweetened chipped coconut
- 1/4 cup quick oats
- 4 teaspoons pumpkin seeds or pepitas
- 4 teaspoons shelled sunflower seeds
- 1 teaspoon black sesame seeds
- 1 teaspoon flax seeds
- 1 tablespoon melted butter
- 2 teaspoons honey
- 1/2 teaspoon vanilla extract
- 1/4 cup dried goji berries or wolfberries

1. Preheat the oven to 325 degrees Fahrenheit.
2. Combine coconut, oats, pumpkin seeds, sunflower seeds, black sesame seeds, and flax seeds in a bowl and toss to combine.
3. Combine the melted butter, honey, and vanilla in a separate bowl. Drizzle this mixture over the dry ingredients and toss to coat thoroughly.
4. Spread the mixture in a single layer onto a parchment-lined sheet pan and bake at 325 degrees Fahrenheit for 35 to 45 minutes, stirring occasionally to toast all the ingredients evenly.
5. Remove the coconut and grain crunch from the oven, cool to room temperature, and then fold in the goji berries. Keep in an airtight container until ready to use.



### Brooke Williamson

The star of "Top Chef" and "Tournament of Champions" brings a seasonal menu inspired by her signature California style: climate-friendly dishes and ingredients that feed your wellness.