

Tropical Turtle SMOOTHIE BOWL

BLEND, TOP, & ENJOY!

Create your own ocean adventure
in a bowl!

Ingredients:

SMOOTHIE:

- 2 frozen bananas
- 1 cup frozen mango
- 1/2 cup yogurt
- 1/4 cup milk or pineapple juice

TOPPINGS:

- Kiwi slices
- Blueberries
- Strawberries
- Granola
- Shredded coconut
- Chia seeds (optional)



1

Add frozen bananas, mango, yogurt, and milk to a blender.



2

Blend until smooth and creamy.



3

Pour the smoothie into a bowl.



4

Add your toppings and design your turtle or ocean scene!



6

Grab a spoon and dive in! Enjoy!



**Turtle Tide
Reflection**



What makes every turtle unique?
What makes every person unique?
Let's celebrate our differences!

