Email #12

Complementary Blog Post: 3 Berry Smoothies To Help You Get More Fatty Acids in Your Diet

Subject: 3 Berry Smoothie Bowl Recipes to Try

Hi [firstname],

Over the last couple of years smoothie bowls have become popular. They are simple to make and can fill you up just like a regular smoothie. You can add any type of berry and tons of greens to your smoothie bowl, so it makes a perfect breakfast because it is both good and good for you.

If you are craving something sweet to start your day, smoothie bowls are arguably the healthiest option. Thicker than smoothies but a little less dense than ice cream, this perfect middle-ground can ensure that your morning breakfast is filled with nutrition.

These bowls are easy, affordable and healthy. Find a recipe below to and try your first smoothie bowl. If you love smoothies – you’ll love this new trend!

Vegan Berry Bowls

Smoothies are often made with loads of sugar, cream and milk.

While you add fruits, the fact that if you’re not careful with how you make a smoothie it turns into an unhealthy treat instead of what you intended it to be.

Why not try a vegan berry bowl?

To create a smoothie bowl blend together a few pieces of kale, chia seeds, milk, mixed berries, frozen banana and a little agave to sweeten it up and you are good to go!

Homemade Acai Bowls

Acai are superfoods that have recently gained popularity in the health community. Like most berries, they are good for the heart, excellent for digestion and important in keeping your skin healthy. Because it is not as popular as other berry options, vegan restaurants charge around $9 per acai bowl – so if you learn to make this bowl at home you’ll save money.

In fact if you make it at home you can save almost half the price!

To make an Acai Bowl bust out your blender and combine your milk of choice, vanilla extract, acai powder or fresh acai berries if you have them, a frozen banana, a tiny pinch of salt and agave or any other sweetener for maximum flavor.

Affordable but yummy, cheap but healthy - what more do you have to look for!

Strawberry 'n' Cream Bowl

The taste of strawberry and cream in cake, ice cream or any other type of dessert is a classic. It is possible to make this familiar combination a little less sinful but nonetheless delicious.

Enter strawberry 'n' cream smoothie bowl! Combine a couple of strawberries - frozen if you want your bowl cold, yogurt, maple syrup and vanilla in your trusty blender. For added texture, top with more fruits, cornflakes or chia seeds.

Above you’ll find three smoothie bowls that you can start with. If you’re looking for different smoothie recipes – check out the latest blog post:

LINK

So if you’re tired of eating the same breakfast and you’re looking for a unique option to try, get a blender and find a smoothie bowl recipe or try the fun smoothie recipes in the blog post.

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