



Smoothie Bowl Photo Instructions



Set the mixing container on a low surface area. Add yogurt to container.



Then add about half of the frozen fruit and banana. Blend and continue to add the rest of the fruit, little at a time.



Blend until mix is smooth- there should be no strawberry chunks. Stop blender and use large spatula to scrape sides of container and fold in pieces of fruit to center of mixture several times. This allows the blender to rest too.



To operate the Immersion Blender, you must first push the safety button at top, then push the trigger in the handle to turn on. Once on, you can let go of safety.



After blending, the consistency should be thick and chunky. Fill each container with two, full #6 dishers of smoothie. Use all the smoothie mixture to fill 64 containers and no more than that or 32 containers if making ½ the batch.



Top with ½ cup of granola on one side and thawed out berry mix on the other side. Place lid and serve.