

Let's Make It

Octonauts Smoothie Bowls

Have an adult help you with this project



KWAZII BOWL

Smoothie: Mango chunks, milk, ice cubes and banana
Toppings: Purple and blue fruit roll strips
 Cut mango triangles
 Orange fruit gummies
 Cut strawberry
 Chia seeds



CAPTAIN BARNACLES BOWL:

Smoothie: Coconut chunks, milk, ice cubes and banana
Toppings: Shaved coconut
 2 blueberries
 Blue fruit roll strip
 Blue fruit gummy
 Coconut smoothie mixed with blue matcha (for ears and mouth)



PESO BOWL

Smoothie: Pineapple chunks, milk, ice cubes and banana

Toppings:

Shredded coconut
 Blackberries
 2 blueberries
 Cut mango
 Blue fruit roll strip



PROFESSOR INKLING BOWL

Smoothie: Strawberries, milk, ice cubes and banana
Toppings: 2 strawberries
 2 blueberries
 Blue and pink fruit roll strips
 2 mini marshmallows
 Shredded coconut



DASHI BOWL

Smoothie: Mango chunks, frozen orange juice concentrate, milk, ice cubes and banana
Toppings: 2 blueberries
 Blue and pink fruit roll strips
 Orange and purple gummies
 Granola



SMOOTHIE BOWL BASE: Each smoothie bowl is created with frozen fruit, ice cubes, your choice of milk (dairy, almond, coconut or oat) and a banana. Mix together in a blender on a low setting until desired thickness and color is achieved. Add honey to sweeten, if needed.