

The foolproof guide to making perfect smoothie bowls

• Including my 10 favourite recipes •



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from the blog

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Plantbased, seasonal
& healthy

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Introduction

In case you know my Instagram feed **@carokocht** you probably know my greatest love are smoothie bowls. Not the drinkable ones that you have on-the-go but actual meals.

After years of developing a smoothie bowl morning routine, I have decided to share my knowledge with you. This little guide will show you how to achieve the best results including **my favourite recipes**.

Throughout the next few pages I'll explain what the **health benefits** of smoothie bowls are and what kind of **equipment** you'll need to get started. We'll then talk **ingredients** so that you can be sure to know how to adjust all the provided recipes to your personal taste, seasonal availability and dietary requirements.

This is **NOT** meant to be yet another weight loss recipe book. I am also not going to promise you that you'll feel rejuvenated, detox your body or feel more energised. In my opinion, all this requires a balanced, mostly plantbased diet, regular exercise and mindfulness. Nevertheless, I hope to inspire you to develop a healthier routine, discover new flavours and get creative in your own kitchen.

Much love, Caro

Follow me on:

Health benefits

Recently smoothies have made some pretty disturbing headlines in the media. When you see articles à la „The shocking truth about drinking green smoothies“ keep in mind that they mostly refer to store-bought bottled smoothies. Those usually come in fancy designs with exotic names only to disappoint with e.g. cheap apple concentrate instead of the promised mango, alarming amounts of sugar and nasty additives.

But when prepared from **fresh ingredients** with a large amount of vegetables and/or greens, smoothies can be a great addition to your culinary repertoire. They help you increase your fruit & vegetable intake and are really easy to prepare. By having a smoothie bowl for breakfast you can incorporate **healthy fiber**, a whole bunch of **vitamins**, **minerals** & **antioxidants** as well as **healthy fats**—all in one go.

So why smoothie bowls? Some articles stress the fact that smoothies are bad for you as they are high in calories but do not make you feel full long enough. Also when you drink a smoothie the enzymes in your saliva can't really do their job. That's why I prefer eating smoothie bowls **with a spoon** rather than drinking them. So enjoy them mindfully, chew well. Not only is it better for your gut but also in terms of healthy eating habits. And your blood sugar levels won't spike!

Keep in mind that the recipes provided in this e-book should be considered **full meals**. Adding them on top of what you already eat will not increase your overall health but your caloric intake. ;-)

Equipment

Do I need a fancy blender?

No you don't. Especially if you're just starting out there are a couple of tricks you can follow and still end up with a pretty decent smoothie. When using frozen ingredients, let them thaw a little to prevent the blades from becoming blunt. Put leafy greens in first so they get pushed down by the other ingredients. If stuck, slowly add a little more liquid. Always use previously soaked seeds or nuts.

If you become a smoothie addict like me you'll eventually come to appreciate the result of **high-powered devices**. Then you can still start looking for one. You can spend a lot—so think wisely here. A device you're likely to use every day should be able to be left outside on the kitchen counter, so opt for one you have **enough space** for and find visually appealing (in case you're a kitchen design freak like me).

In case you bake lots of breads and cakes you may want to look for a **convertible food processor** with a mixing bowl and a separate blender attachment. At our family home we have such a model from a German manufacturer and I'm super happy with it. In my own apartment I've got a professional blender. When I travel I sometimes use low-budget devices and while the result for leafy green veggies may not be as awesome as when using a more professional device it's still pretty decent. After all, if you only use it twice a month it's really not worth spending tons of money on it!

Mixing technique

Always put the leafy fibrous plants in first, followed by frozen fruit, the fresh on top. Use only a little liquid at the beginning, then add more, if necessary at all, while the blender is running.

Herbs and spices should be added at last so they don't get stuck somewhere under the blades. With a rubber spatula I always scrape down the sides in the end and blend again once more.



Mind the aesthetics

From a nutritional perspective it is not exactly important for a smoothie to have a nice colour. But I am a sucker for the aesthetics. (Who would have guessed.)

So when working with red fruits such as blackberries, strawberries, red currants etc. beware mixing with dark leafy greens or you'll end up with a brownish ugly-looking puree. Lighter shades of green will be fine e.g. zucchini, (peeled) cucumber or lettuce.

Greens such as kale, spinach or wild herbs go well with yellow fruits e.g. persimmon, mango, oranges, apricots, peaches etc.

In case your smoothie turns out pale try adding aronia berry powder for purple, spirulina for intense green or turmeric powder for extra yellow results.

Finding the perfect ingredients

The next few pages are all about finding the perfect plantbased seasonal ingredients for your smoothie bowls.

We'll cover how to achieve a really **creamy base**.

I'll share my tips on when and where to find the best **local greens & veggies**.

You'll learn all about the greatest **seasonal fruit** and alternatives for times of low-season.

I'll share my favourite **herbs & spices** I regularly use when making smoothie bowls.

We'll cover interesting **liquids** as well as **sweeteners** you can use.

You'll learn how to take your smoothie bowls to a whole different level by using **special add-ins**.

I'll share my favourite **toppings** as well as all my **secret ingredients** with you.

A creamy base

To me a smoothie is all about its base. It should be thick & creamy, not watery. That's why I often use **frozen banana** as a basic ingredient. They make for a really creamy end result and are not overpowering in flavour. Look for rather ripe or almost overripe ones. Often they are sold in a separate box in supermarkets at a lower price. You can peel them, chop them up and always keep a nice stash in a glass container in your freezer.

In case you don't like bananas you could go for **frozen zucchini** (also see „secret ingredients“), soaked **nuts** and/or **grains**. Cashews, buckwheat and oats work quite well, although I don't use them all that often due to the rather rich end result. Another way to make your smoothie thicker is by using **chia seeds**—they'll absorb a lot of liquid!

Yogurt is another option. I am not the biggest fan of the store-bought plantbased ones though. I'd say homemade coconut yogurt works best. **Silken tofu** is a really interesting component as well—rather neutral in flavour, silky white & creamy. It has definitely become one of my favourite ingredients over the past year.

And then, of course, there is always **avocado**! Everyone loves them. And the texture in a smoothie is just gorgeous, but their ecological footprint is bad, even when buying organic. So these days I'm trying to use less & less and only enjoy them occasionally as a special treat.

Local greens & veggies

The best place to get your smoothie greens all year round is definitely your **local farmer's market**. No matter what season—it is the place to go. The vendors often sell seasonal salad greens mixed with wild herbs. What better way to try new interesting greens (not just for smoothies)!

In **autumn/winter** it is mostly kale, baby spinach and lambs lettuce. However, as soon as days get warmer possibilities increase exponentially! **Spring** offers so many amazing wild herbs and greens. Think rocket, sorrel, dandelion, ground elder, nettles... even if you may not know all of these—check your local markets. Later in **summer** fennel, cucumber, different kinds of lettuce and chards are in season.

All year round you can grow your own **sprouts** at home which make for an awesome addition to your smoothies. My favourite combo is mung bean, buckwheat, lentil & mustard sprouts. But you can also grow your own wheat or barley grass, chia greens, garden cress etc. They usually come loaded with vitamins and packed with amino acids.



Seasonal fruit I

During the **winter months** I use banana, local stored apples & pears and kiwi (from Italy). Also, during summer I freeze loads of fruit from the family garden, especially plums (we always have way more than enough), peaches, cherries and pears. When craving berries in winter I buy **local frozen fruit**. I always check the labels thoroughly and can only encourage you to do so as well. Sometimes frozen fruits are just as bad as the fresh ones imported from overseas. However, organic frozen berries are actually often local.

Another great option for winter is **citrus fruit**. Lemon, mandarins, oranges, blood oranges, grapefruit, pomelo... Whenever I'm tired of these options I switch to high-quality **dried fruits**. Strawberries, pineapple, papaya, mango, dragon fruit etc.—you don't need to add as much as you would when using fresh and the flavour is pretty intense. Give it a try!



A little advice:

In case your blender isn't happy with the addition of dried fruit try soaking the pieces in a little water a couple hours prior to blending or overnight. Otherwise, freeze-dried fruit such as local strawberries or blueberries can be pricey but also pretty tasty.

Seasonal fruit 2

When **spring** is around the corner rhubarb becomes the shining star of many breakfast bowls. And then it's only weeks until strawberries arrive, followed by other gorgeous berries, then stone fruit and—not to forget—melons. That's when **summer** hits and I omit bananas completely to make almost sorbet-like smoothies, often adding mint or basil to make them even more refreshing.

Early **autumn** is by far my favourite season of the year! You still get most of the summer fruits but plums, persimmons and figs are starting to become available too. That makes for great flavour combinations! Later on you have pumpkins which, in my opinion, everyone should try in a smoothie at least once. Paired with ginger and chai spices... mmmh so good!

You see, it really isn't all that hard to go **local and seasonal** on a daily base! And of course, once in a while, I also treat myself to fresh imported fruit, like an organic mango or passion fruits.



Herbs, spices & mushrooms.

Try adding mint, basil, parsley, coriander, lemon balm—even tarragon, rosemary or sage to your smoothie bowls. If unsure, add only a little bit first and taste!

My mum keeps a gorgeous **herb garden** back at home which I very much enjoy in summer. In winter you can always keep a pot of mint or basil at home. Although I have to admit plants tend to die quickly under my watch... so I rather buy herbs in bunch and **freeze** whatever I can't use immediately.

Fresh **ginger & turmeric** are always great options. They add a little heat and sharpness. During the colder months I love combining them with **warming spices** such as cinnamon, cardamom, cloves, nutmeg, allspice, star anise, a pinch of cayenne or black pepper.

When making rather chocolatey or caramel-like smoothies, a pinch of **umami** in the form of unrefined salt or even a little mild miso paste can't hurt.

Another lovely addition is **citrus peel**. I always buy organic so that I can use lime, lemon or orange zest in my smoothies.

Only recently I have started working with **medicinal mushrooms** and **ayurvedic spices**. There is a lot of research going on in terms of their adaptogenic (stress-coping) mechanisms so watch out for these in the future. I sure will.

Liquids

There are numerous options when it comes to adding liquids to your smoothie. I tend to go with **plantbased milk alternatives** such as local oat & spelt, walnut, sometimes almond or coconut-rice for a little variation. Homemade is best of course. If you keep soaked nuts in the freezer you can always add a handful of those along with some filtered water. For extra creamy smoothies I open a can of refrigerated **coconut milk**.

During the warmer summer months I mostly use **filtered water** only. Occasionally I treat myself to some coconut or maple water. I am not the biggest fan of fruit juices but sometimes I freeze leftover juice in ice cube trays. **Tea infusions** can be interesting too—especially black chai or green & herbal teas. You can also infuse a liquid with chai tea. **Coffee ice cubes** are great too!

Generally, I try to use as little liquid as possible since I do not want my smoothies to become watery. That way I can enjoy every spoonful mindfully and leave the table feeling full & satisfied.

Sweeteners

When using bananas, dried or ripe seasonal fruit, your smoothie will usually be quite sweet already. Also when you add toppings like homemade granola there is no need to sweeten. However, sometimes it can be nice to add some **dates** or **maple syrup**.

I've recently discovered **amazake**, a fermented rice drink, that can also be used to sweeten and add an extra health boost!

Other add-ins

Since some vitamins are only soluble in **fat**, adding a little to your smoothie bowl won't hurt. I usually go for flax seeds, cold-pressed hemp or walnut oil. Nut butters work too. Remember that avocados, cashews & coconuts are already quite high in fat.

I am not the greatest fan of **protein powders**, but would always go for organically sourced: preferably local lupine, hemp or pea protein without additives or flavourings.

Moving on to another important topic: **superfoods**! A term that is equally praised and hated throughout the community. Many associate the word with special powders from faraway places. Yet, we can find many of them right outside our doorstep. I already mentioned berries, local greens & wild herbs, walnuts or sprouts.

There are some further ingredients that have been hyped in the past—the most important one being açai, a berry grown in the rain forests of Brazil that is very high in **antioxidants**. However, a similar berry called **aronia** is available from local organic sources. Other powders I occasionally use include **maca & lucuma**. They can both be used to sweeten and have interesting flavours. Different kinds of **seaweed** such as spirulina & chlorella can also be added for nutritional purposes, but beware—not all of them contain bio-available B12 as often proclaimed. I came across **baobab** in Kenya. Then there are always **cacao** or **carob** to add a nice flavour.

Now, there is no need to go crazy and buy tons of new powders. I love experimenting, but these special add-ins are always optional. Healthy fresh ingredients are what's most important. I try to stick to local superfoods and only occasionally use exotic ingredients.

Toppings

First of all, there are some **fruits** that I find way too precious to be blended. They are so pretty and delicious, they deserve to be eaten whole. Among them are grapes (grape smoothies are sugar bombs, by the way), pomegranate jewels, some berries, physalis and kumquats. Texture-wise it can also be nice to have some crunch in the form of apple or pear slices on top of your bowl. Of course, dried fruits work as well.

Besides fruit, my favourite toppings are hulled **hemp seeds**, **bee pollen**, **cacao nibs** or even a little **dark chocolate**, **coconut flakes** and **puffed quinoa** (or other puffed grains). **Nuts & seeds** such as pumpkin seeds, chopped almonds or hazelnuts—to mention just a few. Homemade **granola** can also be a lovely addition.

A dollop of **yogurt** or **coconut cream** makes for a nice swirl, just like all sorts of nut butter. From a visual perspective, edible dried or fresh **flowers** and **micro greens** can make a little difference.



Secret ingredients

The best smoothies include loads of veggies and only a little bit of fruit. Especially if you tend to rely on fruits as snacks throughout the day you should try to avoid having too much fruit sugar in your breakfast bowl.

Luckily, I have some experience when it comes to secretly making my family members eat more vegetables. These are my top three tips for you:

① Use **frozen zucchini** instead of banana as a base. If unsure, start by replacing half of the banana with zucchini. The result is also creamy and rather neutral—so same effect but way less sugar. Works for smoothies and even ice-cream style bowls such as "the chocoholic". **Frozen cauliflower** is another option to add a lot of creaminess without loading your smoothie with fruit sugars. And when feeling really adventurous (or you're out of alternatives) try cooked white **beans** or **chickpeas**.

② Don't toss the **greens** when working with root veggies or cabbage! Think cauliflower, broccoli, or romanesco greens. Kohlrabi, beetroot and radish tops! So many veggies come with tasty and nutritious green leaves attached so be smart and incorporate them. That way there'll be **zero waste** and you get a great nutritional boost for your smoothie.

③ Be unconventional! **Starchy veggies** like (steamed) sweet potato or baked pumpkin, frozen **green peas**, or **root vegetables** such as carrots or beets. There are hardly any limits when it comes to smoothie ingredients. As long as it's tasty and makes you feel good, go for it!

YEAR-ROUND

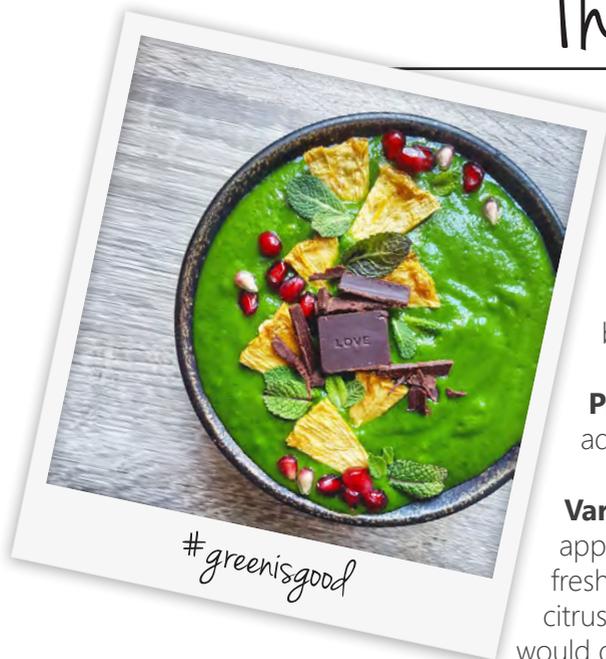
♡ the basic green

♡ silky berry

♡ immune booster

♡ black sesame

The basic green



This smoothie is the perfect allrounder. By using seasonal greens and dried fruit you can achieve a wonderful flavour year-round without having to buy air-freight fruits.

Pro tip: For more veggie power add 1/2 cup frozen peas.

Variation: Instead of dried pineapple you could also use dried (or fresh) pomelo which adds a lovely citrus kick without the bitterness you would get from using grapefruits.

Ingredients:

- 3 large handfuls seasonal greens (*e.g. kale or spinach*)
- 1 ripe banana, chopped & frozen
- 1 small zucchini, chopped & frozen
- 1 small pear or apple, cored & chopped
- 2-3 small pieces of dried pineapple (*preferably soaked*)
- a couple fresh mint leaves

Method:

Blend all the ingredients together. If unsure, use less dried fruit at first—you'll be surprised about how much sweetness it adds. Feel free to use the soaking liquid to blend. Otherwise, use coconut water. Opt for chilled coconut milk in case you feel like something richer. Serve sprinkled with your favourite toppings!

Silky berry

Dreaming of silky smoothie bowl goodness? Meet your new best friend: silken tofu!

Pro tip: The lemon peel is often much more fragrant than the juice so try buying organic!

Variation: This recipe works with any kind of fresh or frozen berries. Try blackberries and fresh basil! Cherries are really tasty in this one, too.



Ingredients:

- 1 package organic silken tofu (400g)
- 1/2 banana, chopped & frozen
- 1/2 small zucchini, peeled, chopped & frozen
- 1 cup raspberries
- 1 organic lemon (juice & zest)

Method:

Simply blend together all the ingredients until well combined. Thanks to the silken tofu your smoothie will turn out incredibly light & creamy. With this one I really love adding some finely sliced 100% cacao chocolate as a topping.

Immune booster

Feeling a little under the weather? Fighting a cold or dealing with headaches? This is your perfect remedy! Fresh ginger & turmeric have anti-inflammatory properties!



#goldenwarrior

Pro tip: Always add a little black pepper when working with turmeric as it increases the curcumin's bioavailability. You can also use turmeric powder in this recipe.

Variation: Replace the bananas with frozen cauliflower or yellow zucchini to increase veggie content.

Ingredients:

- 2 bananas (*chopped & frozen*) ◦
- a handful of raw cashews (*soaked for at least 3h*) ◦
- 1 large orange, peeled, seeds removed ◦
- 1 cm piece of fresh turmeric & ginger each ◦
- 1/2 tsp cinnamon + a pinch of cardamom ◦
- 2 soft dates for sweetness (*optional*) ◦

Method:

Blend the cashews together with the orange at first. No need to add more liquids thanks to the juice from the fruit. Blend until you have a really creamy base with no visible cashew pieces. Then, add the remaining ingredients and blend again until creamy.

Black sesame

Black sesame!? Yes, you've read correctly. Toasted sesame seeds have such an intense aroma—you'll wonder why you haven't thought about this before.

Note: This bowl is really more of a dessert so enjoy consciously! To make it breakfast-worthy use frozen zucchini or cauliflower instead of bananas



Ingredients:

- 3 tbsp black sesame seeds
- 3 frozen bananas
- 1 tbsp tahini
- 3 dried figs
- 1/3-1/2 can coconut milk (*cashew or rice milk work as well*)

Method:

Dry roast the sesame seeds over medium heat until fragrant. Be careful, as you cannot see when they burn. Let them cool down, then transfer all ingredients to your blender and combine. Tastes really good topped with blood orange, pomegranate or fresh figs.



SPRING & SUMMER

- ♡ peach & blackberry bowl
- ♡ the chocoholic
- ♡ mango coconut treat

Peach & blackberry bowl

When stone fruit and berry season peaks, you get to enjoy one of my absolute favourite combos of all time: peaches & blackberries!

Pro tip: Always buy organic, preferably from the farmers' market to avoid plastic and pesticides.

Variation: Instead of peaches you could also go with nectarines here. Adding some mint will make this more refreshing.



Ingredients:

- 1 banana, chopped & frozen
- 1/2 small zucchini, chopped & frozen
- 1 cup blackberries
- 2 saturn peaches (*white-fleshed, flat peaches*)
- 1 tsp aronia berry powder (*optional*)
- a small bunch of basil

Method:

Simply blend together all the ingredients with some almond milk until well combined. You can also use frozen berries and achieve more of a nicecream style consistency. Skip the milk if you do.

The chocoholic

Feeling like having ice cream for breakfast? Well, with this nutritious bowl your inner child will be very pleased!

Pro tip: Sprout your buckwheat to turn it to life and make it more digestible. Soak for 3h, then sprout for approx. 2 days, rinsing twice a day.

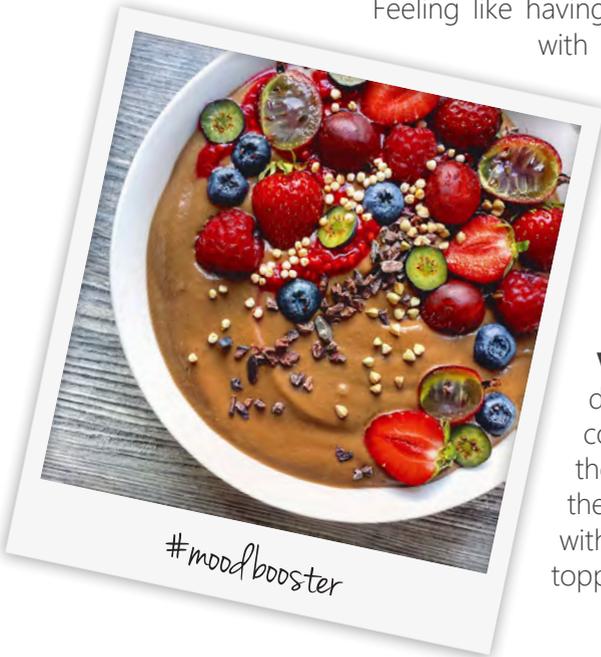
Variation: Are you a coffee addict like me? Freeze some strong coffee in ice cube trays and add those to your blender instead of the cacao. Even more delicious with homemade coffee syrup as a topping!

Ingredients:

- 1 banana, chopped & frozen ◦
- 1 small yellow zucchini, chopped & frozen ◦
- 1/2 cup sprouted buckwheat ◦
- 1/2 avocado (*optional, for extra creaminess*) ◦
- 1 1/2 tbsp raw cacao powder ◦
- 1 tbsp nut butter (*e.g. peanut or almond*) ◦

Method:

Blend all ingredients together with some oat milk (or any other plantbased milk of your choice) and serve sprinkled with tart berries, cacao nibs and some toasted buckwheat for a little crunch!



Mango coconut treat

The queen of smoothie bowls: mango, avocado & coconut milk. A match made in heaven!

Note: Although this is one of my favourite smoothie bowl recipes, I save it for special occasions! Then, I try to look out for organic European avocados.

Pro tip: Refrigerate your coconut milk and use the solids only. The result will be ultra creamy!



Ingredients:

- 1/2 banana, chopped & frozen
- 1/2 small zucchini, chopped & frozen
- 2 handfuls baby spinach
- 1 cup fresh mango
- 1 ripe avocado
- 1/3 can coconut milk

Method:

Blend all ingredients until really creamy. I always keep some mango slices to enjoy on top. When I have a lot of time, I also whip up some of the coconut milk solids and add a dollop of cream to each bowl.

AUTUMN & WINTER

♡ pumpkin pie

♡ carrot cake

♡ gingerbread

Pumpkin pie

When summer comes to an end, there finally is an excuse to enjoy pumpkin-spiced everything!

Pro tip: I always keep some pumpkin puree in the fridge to use in smoothies, oatmeal or baking. Hokkaido squash (red kuri) is the easiest to bake and puree. No need to peel! You can also freeze it in ice cube trays.



Ingredients:

- 1 banana, chopped & frozen
- 1 cup homemade pumpkin puree
- 1 persimmon
- 1-2 cm piece of fresh ginger, peeled
- 1-2 tbsp pumpkin spice (*cinnamon, allspice, nutmeg & cloves*)
- 1 tbsp pumpkin seed butter (*almond butter works, too*)

Method:

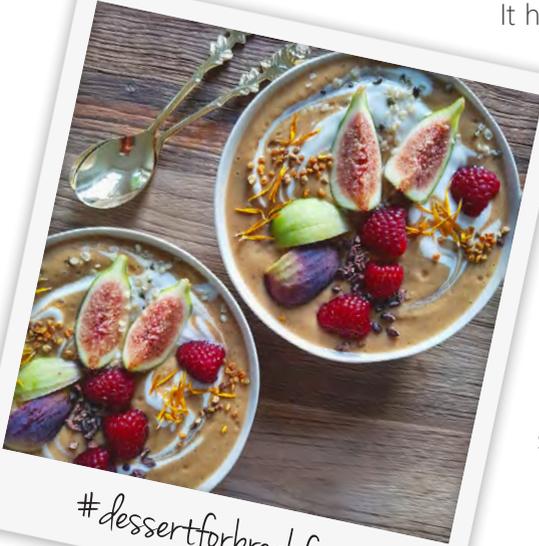
Simply blend together all the ingredients until well combined. Tastes great with some toasted pumpkin seeds.

Carrot cake

If you love carrot cake you'll love this smoothie bowl!
It has all the flavour of your favourite
treat but way less sugar!

Pro tip: The best way to make this smoothie is by putting the oats & walnuts into your blender together with some nut milk and leaving it in the fridge overnight.

Variation: Try this with raw beets instead of carrots. In place of the spices use 2 tsp of cacao powder.



#dessertforbreakfast

Ingredients:

- 1/2 banana, chopped & frozen ◦
- 1/2 small zucchini, chopped & frozen ◦
- 2 organic carrots, chopped roughly ◦
- 2 tbsp rolled oats (*or your choice of grains*) ◦
- 2 cm piece of ginger, grated ◦
- 2 tsp cinnamon + 1 tsp turmeric powder ◦
- a handful of walnuts, soaked for approx. 3h or overnight ◦
- 1/4 cup unsweetened soy yogurt ◦

Method:

Blend all ingredients together with some oat or spelt milk. Tastes amazing with fresh figs. If you do not find the smoothie base sweet enough, feel free to add some soft dates.

Gingerbread bowl

When Christmas is around the corner and the scent of cookies and gingerbread is everywhere, this is a healthy way to enjoy those flavours!

Pro tip: Steam a large batch of sweet potatoes and chop into cubes once cooled down. Keep in the freezer for instant use such as smoothies or home-made dips & spreads.

Variation: Works just as fine with baked pumpkin or beetroot.



Ingredients:

- 1/2 large sweet potato, steamed
- 1 small zucchini, chopped & frozen
- 2 handfuls of seasonal greens
- 1 mandarin, peeled, seeds removed
- 1 tsp maca powder (*optional*)
- 2 tsp gingerbread spice

Method:

Blend all the ingredients on high until creamy. Serve topped with almond butter, cacao nibs & pomegranate arils.

All recipes roughly serve **2 people** for breakfast. You may have to increase the amounts slightly if breakfast is your largest meal of the day. Also, you can always add a couple tablespoons of **oats** (or other grain flakes), or your choice of **unsweetened yogurt** to make your smoothie bowls more filling.

Be kind to yourself and sit down to eat, keeping distractions to a minimum. Enjoy your breakfast **mindfully**. We tend to eat while watching series or being on the phone way too often. Eat until you're satisfied. Keep leftovers in the fridge and have them as a **healthy snack** later in the afternoon.

Once you get the hang of it, **vary ingredients** as much as you can. Try new combinations, experiment, improvise! I promise you—breakfast will never get boring again. ♡



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CAROKOCHT

by *Carolin Schaar*

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Thank you, Caro

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