



# later bowls

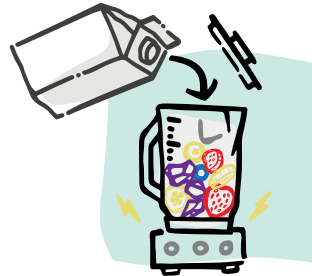
CRAFT SUPERFOOD BOWLS AND SMOOTHIES BY 

## INSTRUCTIONS FOR BOWLS



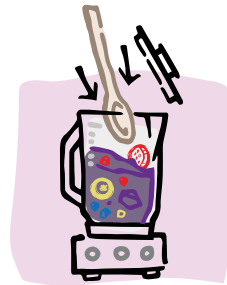
### STEP 1

Tear away plastic wrapping and drop superfood contents into blender or food processor.



### STEP 2

Add 3 - 4 oz of your favorite liquid into blender or food processor. *Note: Almond Milk, Coconut Milk, Apple Juice and Coconut Water all taste great with any of our bases!*



### STEP 3

Blend for 45 seconds to 1 minute, and for a smoother blend, stop halfway and mix the contents with a wooden spoon or spatula.



### ENJOY :)

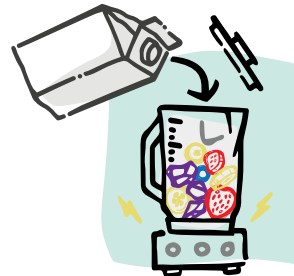
Scoop into your favorite bowl. Add your preferred toppings and your delicious bowl is ready to enjoy!

## INSTRUCTIONS FOR SMOOTHIES



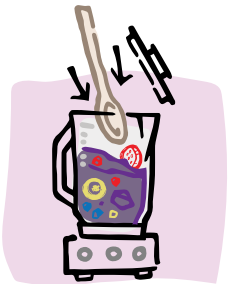
### STEP 1

Tear away plastic wrapping and drop superfood contents into blender.



### STEP 2

Add desired amount of your favorite liquid into blender. *Tip: If you want a 16 oz smoothie, fill the blender jar to the 16 oz mark with superfood contents already inside. Almond milk, Coconut Milk, Apple Juice and Coconut Water all taste great with any of our bases!*



### STEP 3

Blend for 45 seconds to 1 minute, and for a smoother blend, stop halfway and mix the contents with a wooden spoon or spatula.



### ENJOY :)

Pour into your favorite glass. Your delicious smoothie is ready for you to enjoy!

[everbowl.com](http://everbowl.com)   @everbowlcraftsuperfood

**extra  
stuff**

Turn our acai base into our famous "CHEWY Bowl!" by adding 2 oz of peanut butter before blending.

Make it a Green bowl by adding a handful of spinach or kale before blending.

Share your creations with us by tagging @everbowlcraftsuperfood in your story or post for a chance to win gift cards and other fun prizes ;)