

Healthy Potlucks: Breakfast Smoothie Bowls

Start your day off with a morning potluck!



Try a refreshing smoothie bowl:

Cinnamon Berry Bowl

- Cooked oatmeal
- Skim milk with vanilla extract or vanilla flavoured fortified soy beverage
- Blueberries or blackberries
- Cinnamon

Chocolate Quinoa Bowl

- Quinoa
- Vanilla Greek yogurt
- Unsweetened cocoa powder
- Pecans or almonds or walnuts
- Sliced banana
- Strawberries

Plant Powered Crunch Bowl

- Chia seeds or hemp seeds
- Sliced peaches
- Chopped almonds
- Fortified soy beverage
- Oatmeal flakes or granola
- Kiwi fruit slices

Coconut Rice Bowl

- Brown rice
- Shredded coconut
- Vanilla Greek yogurt
- Dried cranberries or raisins
- Walnuts or pecans
- Cinnamon or nutmeg

Pineapple Cranberry Bowl

- Skim milk or fortified soy beverage
- Pineapple slices
- Shredded coconut
- Dried cranberries
- Oatmeal flakes or granola
- Kiwi fruit slices

Nutty Pumpkin Bowl

- Canned pumpkin puree
- Sliced apples
- Sliced banana
- Walnuts and almonds
- Vanilla Greek yogurt
- Nutmeg and cinnamon

Breakfast Smoothie Bowl

Sign up below to:

- bring one ingredient (two or more people can sign up to share the cost of higher price ingredients), **or**
- bring one supply item, **or**
- take on a task.



Number of potluck guests: _____

Food Item	Name
Greek yogurt	#1
	#2
Hemp seeds or chia seeds	#1
	#2
Sliced almonds	
Pecans	
Walnuts	
Brown rice	
Oatmeal flakes	
Granola	
Quinoa	
Apple slices	
Fresh, frozen, or canned sliced peaches	
Fresh or canned sliced pears	
Pineapples slices or chunks	
Berries	
Banana	
Kiwi fruit	
Canned pumpkin puree	
Cinnamon	
Nutmeg	
Shredded coconut	
Skim milk	
Fortified soy beverage	

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Food (continued)	Name
Dried cranberries	
Raisins	

Drinks (if needed)	Name

Supplies (if needed)	Name
Plates	
Cutlery (forks, spoons, knives	
Serving Tools	
Napkins	
Cups	
Cloths (for clean-up)	
Hand Sanitizer	

Help Out	Name
Manage Sign-Up Sheet	
Help Set-Up	#1
	#2
	#3
Help Clean-Up	#1
	#2
	#3
Fill Water Jugs	
Make Coffee and Tea	
Host a Game or Icebreaker	