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THE FALL EDIT: SMOOTHIE CUBE RECIPES

Superfood Mocha Elixir

- 5 Mocha Recharge Cubes
- 1 Cup Water or Plant-Based Milk
- 1 TSP Maple Syrup



In a sauce pan, heat your liquid and maple syrup together until warm.
Drop in the smoothie cubes and whisk until fully melted.
Stir until combined and serve.



Pumpkin Spice Popsicles

- 10 Churro Cubes
- 1 Cup Califia Mocha Cold Brew
- 1 tsp of Pumpkin Spice Blend



Place all ingredients in your blender and blend until thick.
Pour into popsicle mold and freeze overnight.



Pumpkin Pie Oatmeal

- 5 Churro Cubes
- 1/2 Cup Organic Oats
- 1 TSP Pumpkin Pie Spice
- 1 Cup of Plant-Based Milk
- 1/4 Cup of Pumpkin Puree
- Optional: Drizzle with Maple Syrup or Honey



Follow directions on oatmeal bag.
While oatmeal is cooking add in churro cubes and pumpkin puree. Stir constantly, when oatmeal is done pour into a bowl and top with LP Granola, pecans & a drizzle of honey or maple syrup.





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Apple Spice Overnight Oats

- 10 Churro Cubes
- 1/2 Cup Oats
- 1 Cup Plant-Based Milk
- 1 Chopped Apple
- 1/2 TSP Apple Pice Spice (Cinnamon, Nutmeg, Allspice)
- 1 TBSP Maple Syrup
- 1 TBSP Hemp Seeds
- 1 TBSP Chia Seeds



In a pan, add the chopped apple, maple syrup & spices. Mix and cook until tender.

In a mason jar, add the rest of the ingredients and apples. Stir until combined and refrigerate overnight.

Maple Sea Salt Smoothie Bowl

- 10 Churro Cubes
- 1/2 Frozen Banana
- 1/2 Cup of Plant-Based Milk (1 Cup for Smoothie)
- 1/2 TBS Maple Syrup
- Pinch of Pink Himalayan Sea Salt



Place all ingredients in your blender and blend until thick.

Pour into bowl, add your favorite toppings & enjoy.



Chocolate Mocha Smoothie

- 5 Chocolate PB Protein Cubes
- 5 Coffee Mocha Recharge Cubes
- 1/2 Frozen Banana
- 1 1/2 Cups of Plant-Based Milk



Place all ingredients in your blender and blend until thick.

Pour into glass and enjoy.

