

CREAMY SMOOTHIE BOWLS

FALL

SMOOTHIE BOWLS
AREN'T JUST FOR
SUMMER!

SAY HELLO TO 8
FLAVORS: 4 LIGHT
AND FIT, 4 WITH
A LITTLE FUN!

Includes

EIGHT

seasonal recipes

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NINJA CREAMI SMOOTHIE BOWLS

The Ninja creami has changed the ice cream, frozen yogurt, and smoothie bowl game! It has fast become a kitchen staple in both of our households and we are so excited to share our fall favorite Ninja creami smoothie bowls with you.

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APPLE PIE

Classic apple pie flavor in each sweet apple cinnamon spoonful.

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It might be basic but it's everything comforting about autumn chai.

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Cinnamon rolls are still the star of the show in this smoothie bowl.



LOVE SMOOTHIE BOWLS?



BY TARYN CAMP & KATIE STYMIEST

It doesn't matter the season or day of the week...we are always down for a smoothie bowl. Pass us a spoon and an extra serving of smoothie add-ins and we are happy campers.

An indulgent after-dinner dessert, an energy-boosting afternoon snack, or a cozy breakfast bowl full of yum, a smoothie bowl hits the spot.

To show you smoothies aren't just for summer, we (Taryn and Katie) have teamed up to create a fall-inspired Ninja creami smoothie bowl eBook for you.

Full of warm, cozy, and autumn-inspired flavor profiles that will have you drooling. Favorites like pumpkin pie and salted caramel will send you straight to decadent smoothie heaven. Classics like apple pie and chai latte will nourish your soul along with your body.

So grab your Ninja creami, prep those pint containers, and let's get measuring and mixing to smoothie bowl scrumptiousness.

We can't wait to hear what big bowl of yum is your fall fav!



SECTION 1

BY KATIE

From the moment my Ninja Creami arrived on my doorstep (thank you Amazon) it has been a constant kitchen companion for my entire family.

My kids love dreaming up fun flavor combinations to try and I love making their ideas come to life but with a slightly healthier twist.

Each smoothie bowl is packed full of protein, whole-food ingredients, and always sprinkled with a few tasty toppings to add fun, depth, and texture.

You'll find Greek yogurt in each recipe, but it can easily be swapped with coconut yogurt or even silken tofu.

As they said...have your smoothie bowl and eat it too!

“ON THE LIGHTER SIDE”

on the lighter side

Cinnamon

Sliced apples

Homemade Granola

APPLE PIE





Enjoy savoring the cozy essence of autumn with each spoonful of this healthy Apple Pie smoothie bowl. The smooth, creamy base tastes just like a slice of your favorite apple pie, but with a refreshing twist. Topped with cinnamon sticks that infuse a warm, spicy aroma, crisp apple slices that add a burst of freshness, and a sprinkle of chopped almonds for a nutty bite, this bowl is satisfyingly seasonal. The homemade Chex cereal granola mix, with its satisfying crunch and hint of sweetness, is like the perfect pie crust, tying everything together in a bowl that feels like a warm hug on a crisp fall morning.

APPLE PIE

smoothie bowl

I N G R E D I E N T S

Smoothie Bowl

- 1 ripe banana, sliced
- ½ cup plain 0% Greek yogurt
- ½ cup unsweetened applesauce or 1 large apple, chopped
- ½ cup unsweetened almond milk + 2 tbsp
- 1-2 tbsp honey to taste
- ½ tsp apple pie spice or cinnamon
- Pinch of salt

Toppings

- Apple slices
- Chex cereal granola mix
- Chopped almonds
- Cinnamon

I N S T R U C T I O N S

- 1 In the creami container, add all of the smoothie bowl ingredients, except the 2 tbsp of milk, and put the lid on.
- 2 Shake the container well and place it in the freezer for a minimum of 8 hours.
- 3 Add the container to the creami machine and choose "smoothie bowl." Allow it to run through the first cycle.
- 4 After the first spin is complete, open the container, make a well in the center, and add the 2 tbsp of milk. Select "respin" until desired consistency is achieved.
- 5 Pour into your smoothie bowl and then add the desired toppings. Serve immediately!

on the lighter side

Chopped Nuts

Gingerbread and Spice

Granola

GINGERBREAD

smoothie bowl





This healthy gingerbread smoothie bowl is a cozy, nourishing treat that blends the rich flavors of fall. The base is a creamy mix of ripe banana, thick Greek yogurt, a drizzle of molasses, and a warm blend of fall spices like cinnamon, ginger, and cloves. Topped with a delectable crunch coming from ginger cookies, pecans, pistachios, and a touch of sweet dried cranberries. It's like a cozy autumn hug in a bowl.

GINGERBREAD

smoothie bowl

I N G R E D I E N T S

Smoothie Bowl

- 1 banana
- 1 cup vanilla Greek yogurt
- ½ cup almond milk + 2 tbsp
- 2 tbsp molasses
- ½ tsp ginger
- ½ tsp cinnamon
- ¼ tsp cloves
- Pinch of salt

Toppings

- ginger cookies
- pecans
- pistachios
- dried cranberries

I N S T R U C T I O N S



In the creami container, add all of the smoothie bowl ingredients, except the 2 tbsp of milk, and put the lid on.



Shake the container well and place it in the freezer for a minimum of 8 hours.



Add the container to the creami machine and choose "smoothie bowl." Allow it to run through the first cycle.



After the first spin is complete, open the container, make a well in the center, and add the 2 tbsp of milk. Select "respin" until desired consistency is achieved.



Pour into your smoothie bowl and then add the desired toppings. Serve immediately!

on the lighter side

Granola Clusters

Blueberries

Toffee Bits

CHAI LATTE





CHAI LATTE *smoothie bowl*

INGREDIENTS

Smoothie Bowl

- 1 cup plain Greek yogurt
- 1 cup chai tea concentrate + 2 tbsp
- 1 scoop vanilla protein powder
- 1-2 tbsp honey, to taste
- 1 tsp chai spice
- ½ tsp instant coffee
- Pinch of salt

Toppings

- granola
- blueberries
- toffee bits
- coarse sea salt

INSTRUCTIONS

- 1 In the creami container, add all of the smoothie bowl ingredients, except the 2 tbsp of chai concentrate, and put the lid on.
- 2 Shake the container well and place it in the freezer for a minimum of 8 hours.
- 3 Add the container to the creami machine and choose "smoothie bowl." Allow it to run through the first cycle.
- 4 After the first spin is complete, open the container, make a well in the center, and add the 2 tbsp of chai concentrate. Select "respin" until desired consistency is achieved.
- 5 Pour into your smoothie bowl and then add the desired toppings. Serve immediately!

A flavorful and comforting bowl of chai latte smoothie delight. Made with nutrient-dense Greek yogurt, protein powder, chai tea, honey, and a blend of aromatic chai spices. It's the perfect breakfast topped with fresh juicy blueberries and granola clusters.

on the lighter side

Chex Mix Cereal

Orange Slices

Almond Slivers

Dried Cranberries

CRANBERRY ORANGE

smoothie bowl



ORANGE CRANBERRY

smoothie bowl



This cranberry orange smoothie bowl offers a refreshing citrus burst, complemented by orange slices and crunchy Chex cereal mix. Almond slivers and dried cranberries add texture and a hint of sweetness to every bite.

I N G R E D I E N T S

Smoothie Bowl

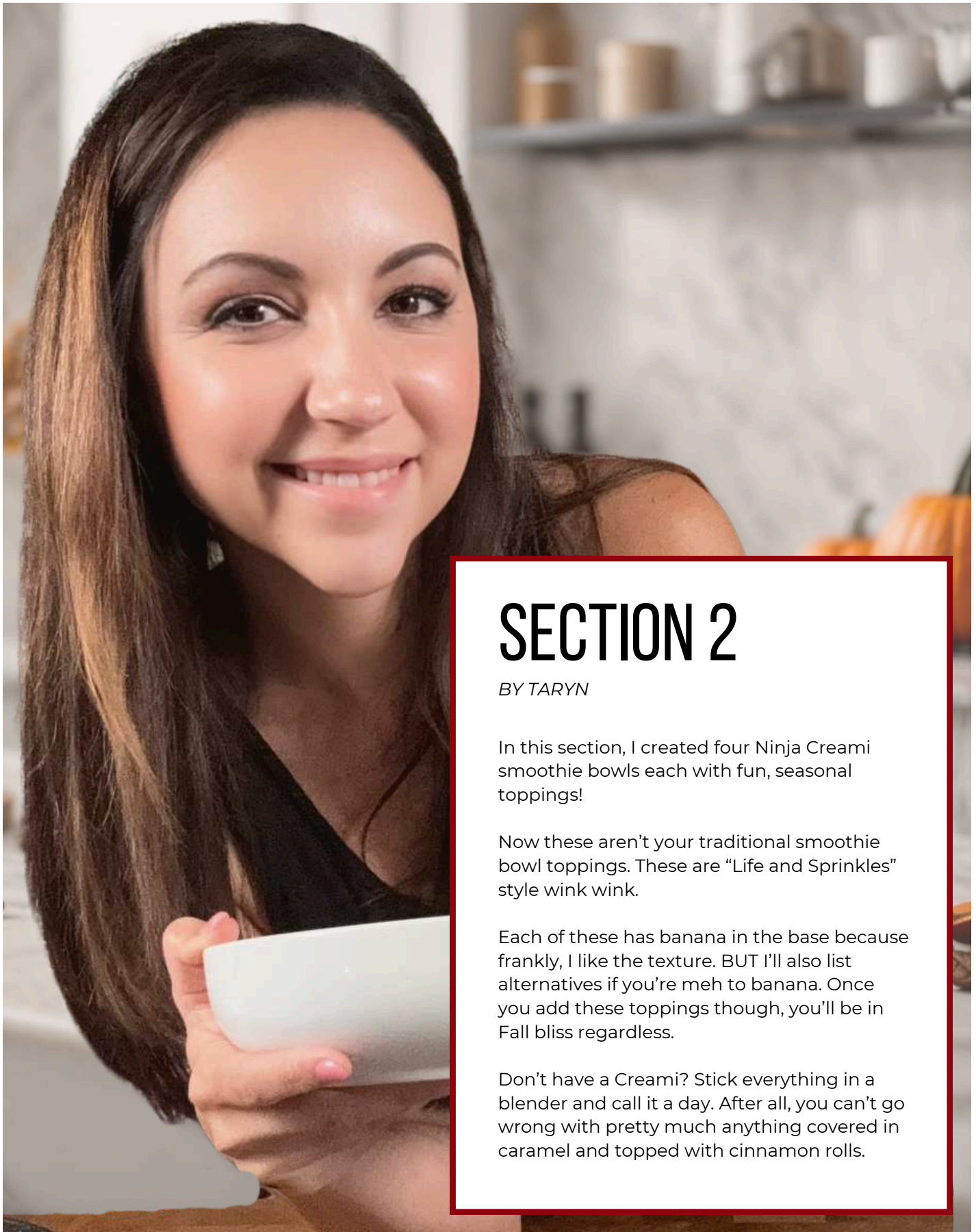
- 1 cup orange juice
- ½ cup cranberry sauce + 2 tbsp
- ½ cup plain Greek yogurt
- 1 scoop vanilla protein powder
- ¼ tsp nutmeg
- pinch of salt

Toppings

- orange slices
- Chex cereal mix
- almond slivers
- dried cranberries

I N S T R U C T I O N S

1. In the creami container, add all of the smoothie bowl ingredients, except the 2 tbsp of cranberry sauce, and put the lid on.
2. Shake the container well and place it in the freezer for a minimum of 8 hours.
3. Add the container to the creami machine and choose "smoothie bowl." Allow it to run through the first cycle.
4. After the first spin is complete, open the container, make a well in the center, and add the 2 tbsp of cranberry sauce. Select "respin" until desired consistency is achieved.
5. Pour into your smoothie bowl and then add the desired toppings. Serve immediately!



SECTION 2

BY TARYN

In this section, I created four Ninja Creami smoothie bowls each with fun, seasonal toppings!

Now these aren't your traditional smoothie bowl toppings. These are "Life and Sprinkles" style wink wink.

Each of these has banana in the base because frankly, I like the texture. BUT I'll also list alternatives if you're meh to banana. Once you add these toppings though, you'll be in Fall bliss regardless.

Don't have a Creami? Stick everything in a blender and call it a day. After all, you can't go wrong with pretty much anything covered in caramel and topped with cinnamon rolls.

“WITH A LITTLE FUN”

with a little fun!

Gingersnaps

Mini Marshmallows

Whipped Topping

Pumpkin Granola

PUMPKIN PIE





Did you hear that? Yep, it's the announcement that it's officially pumpkin season. First stop, a Pumpkin Pie smoothie bowl. Let me tell you, each bite of this meal (or snack) is the epitome of Fall. It starts with a creamy, spiced pumpkin base that also feels refreshing and most definitely fills you up. Now for the toppings...the mini marshmallows add a touch of fun that are a nod to the top of a slice of pie. The pumpkin granola brings in that satisfying crunch. Use any brand you like! Ginger snaps add a spicy kick, reminding you of that first bite of pie crust, and the whipped cream is the perfect light and airy finish. IMO this bowl is the perfect balance of fresh and comforting, just like the season itself.

PUMPKIN PIE

smoothie bowl

INGREDIENTS

Smoothie Bowl

- 1 cup pumpkin puree
- 1 banana, frozen
- ½ cup Greek yogurt (or dairy-free yogurt)
- ½ cup almond milk (or milk of choice)
- 1 tablespoon maple syrup (optional, for sweetness)
- 1 teaspoon pumpkin pie spice
- ½ teaspoon vanilla extract

Toppings

- Pumpkin Granola
- Whipped Topping (I used TruWhip)
- Crushed Gingersnaps
- Mini Marshmallows

INSTRUCTIONS

- 1 In a blender, combine the pumpkin puree, frozen banana, Greek yogurt, almond milk, maple syrup, pumpkin pie spice, and vanilla extract.
- 2 Blend until smooth and creamy. Transfer to a Creami container and freeze overnight.
- 3 When ready, add the container to the Creami. Choose "full" and then the "smoothie bowl" or "frozen drink" setting. Turn it on and let it run through the cycle.
- 4 When done, pull it out and add about 2-4 tbsp almond milk. Do more or less depending on how thick and icy it is. Put it back in and hit "respin."
- 5 Pour into your smoothie bowl and then add the desired toppings. Serve immediately!

with a little fun!

Whipped Cream
& Caramel

Glazed Pecans

Butterscotch
Chips

Shortbread
Cookies

PECAN PIE

smoothie bowl



If my dad would ever try anything remotely healthy, I believe he would love this smoothie bowl. He's a HUGE fan of pecan pie. This bowl starts with a creamy, nutty base. It has banana, but the way it mixes with the toppings is perfection. Speaking of the toppings...we've got the sweet crunch of glazed pecans and butterscotch chips, a swirl of whipped cream and a drizzle of caramel. Don't forget the crumbled shortbread cookies which remind me of a classic pie crust. Voila! This bowl is now an Autumn dessert-inspired treat that is the best twist on pecan pie!

PECAN PIE

smoothie bowl

INGREDIENTS

Smoothie Bowl

- 1 cup unsweetened almond milk
- 1 banana, frozen
- ½ cup vanilla Greek yogurt (or dairy-free yogurt)
- ½ cup raw pecans
- 1 tablespoon maple syrup
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- Pinch of salt

Toppings

- Glazed pecans
- Butterscotch chips
- Shortbread cookies
- Whipped cream and caramel

INSTRUCTIONS



In a blender, combine all of the "smoothie bowl" ingredients on the left.



Blend until smooth and creamy. Transfer to a Ninja Creami container and freeze overnight.



When ready, add the container to the Creami. Choose "full" and then the "smoothie bowl" or "frozen drink" setting. Turn it on and let it run through the cycle.



When done, pull it out and add about 2-4 tbsp almond milk. Do more or less depending on how thick and icy it is. Put it back in and hit "respin."



Pour into your smoothie bowl and then add the desired toppings. Serve immediately!

with a little fun!



Milk Chocolate Chips

Salted Caramel Brownie Brittle

Pretzels

Chocolate Caramel Squares

SALTED CARAMEL



SALTED CARAMEL *smoothie bowl*

INGREDIENTS

Smoothie Bowl

- 1 frozen banana
- ½ cup unsweetened almond milk (or milk of choice)
- ½ cup Greek yogurt (or dairy-free yogurt)
- ¼ cup dates, pitted and soaked in warm water for 10 minutes
- 1 tbsp almond butter (or nut butter of choice)

Toppings

- Milk chocolate chips
- Salted caramel brownie brittle
- Pretzels
- Sea salt chocolate squares

INSTRUCTIONS

- 1 In a blender, combine all of the "smoothie bowl" ingredients on the left.
- 2 Blend until smooth and creamy. Transfer to a Ninja Creami container and freeze overnight.
- 3 When ready, add the container to the Creami. Choose "full" and then the "smoothie bowl" or "frozen drink" setting. Turn it on and let it run through the cycle.
- 4 When done, pull it out and add about 2-4 tbsp almond milk. Do more or less depending on how thick and icy it is. Put it back in and hit "respin."
- 5 Pour into your smoothie bowl and then add the desired toppings. Serve immediately!

YES I am obsessed with salty-sweet. It's the ultimate dessert combo IMO. This salted caramel smoothie bowl blends my favorites together. Get ready for this...it's topped with pretzels, milk chocolate chips, and salted caramel brownie brittle. For the grand finale- drizzle of caramel and milk chocolate caramel squares for the most perfect indulgent finish.

with a little fun!

Cream Cheese
Chips

Cinnamon Rolls

Cinnamon Toast
Crunch

Biscoff Cookies

CINNAMON ROLL

smoothie bowl

CINNAMON ROLL

smoothie bowl

Cinnamon rolls are the cornerstone of all Fall baking aesthetic posts and for good reason. They've just got that warm, cozy vibe and gooey sweetness that make you feel like putting on a fluffy sweater, flannel scarf, and favorite pair of boots.

INGREDIENTS

Smoothie Bowl

- 1 frozen banana
- ½ cup unsweetened almond milk (or milk of choice)
- ½ cup Greek yogurt (or dairy-free yogurt)
- 1 tbsp almond butter (or nut butter of choice)
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 1 tsp maple syrup

Toppings

- Cream cheese chips
- Chopped cinnamon rolls
- Cinnamon Toast Crunch
- Biscoff cookies

INSTRUCTIONS

1. In a blender, combine all of the "smoothie bowl" ingredients on the left.
2. Blend until smooth and creamy. Transfer to a Ninja Creami container and freeze overnight.
3. When ready, add the container to the Creami. Choose "full" and then the "smoothie bowl" or "frozen drink" setting. Turn it on and let it run through the cycle.
4. When done, pull it out and add about 2-4 tbsp almond milk. Do more or less depending on how thick and icy it is. Put it back in and hit "respin."
5. Pour into your smoothie bowl and then add the desired toppings. Serve immediately!

CONTACT US!

Let's keep in touch, eh?!
Send us a smoothie bowl pic, ask a question, or
simply say hello. We'd love to connect!

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