

# Thyme For Me/July

Aroma Therapies Spa/814-443-1217

## SLIM & SASSY® SMOOTHIE BOWLS

### GREEN SMOOTHIE

½ avocado  
2 frozen sliced bananas  
1 cup frozen strawberries  
½ cup frozen raspberries  
¼ cup frozen pineapple chunks  
¼ cup frozen mangos  
3 handfuls spinach  
1 handful kale  
2 cups almond milk  
1 tablespoon flaxseeds  
1 tablespoon chia seeds  
1 scoop Slim & Sassy V-Shake 1 scoop TerraGreens®

1. Combine all ingredients in blender and puree until smooth.
2. Serve immediately in individual bowls.

Tip: Top with fresh fruit, granola, seeds, or honey.

### RASPBERRY COCONUT

2 cups frozen raspberries 2 large frozen bananas ⅔ cup coconut milk  
1 tablespoon honey  
1 tablespoon chia seeds  
1 scoop Slim & Sassy Vanilla TrimShake

1. Combine all ingredients in blender and puree until smooth.
2. Serve immediately in individual bowls.

Tip: Top with fresh fruit, granola, seeds, or honey.

## MANGO PINEAPPLE

- 1 banana frozen
- 1 cup frozen mango
- 1 cup frozen pineapple
- ½ cup coconut milk (or milk of choice)
- 1 tablespoon honey
- 1 scoop Slim & Sassy Orange Cream TrimShake\*

\*Available as a limited time offer item.

You can also add 2–4 drops Wild Orange essential oil to Slim & Sassy Vanilla TrimShake.

1. Combine all ingredients in blender and puree until smooth.
2. Serve immediately in individual bowls.

Tip: Top with fresh fruit, granola, seeds, or honey

---

**Our 2nd (seasonal) location is open on Monday & Tuesday mornings throughout the summer for reflexology only.**



TAKE ADVANTAGE  
OF THIS BEAUTIFUL  
WEATHER!

CALL TODAY TO  
SCHEDULE YOUR  
NEXT SERVICE IN  
OUR OUTDOOR  
BIBLICAL  
GARDEN!

814-443-1217