

Base & Bloom

BUNDLE SMOOTHIES

A **bon** COOK
Cookbook Guide



BY CINDY JUNCAJ

Fresh ingredients.
Simple tools.
Beautiful blends.



A Base & Bloom guide for creating everyday smoothies
with real ingredients, fresh flavor, and
simple **bon COOK** tools.



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Find everything you need to build, blend, and enjoy beautiful smoothies every day.

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Welcome to Base & Bloom

Fresh mornings invite us to begin with more ease, beauty, and intention.

That is the spirit behind Base & Bloom Bundle Smoothies. This guide was created to make everyday smoothies feel simpler, fresher, and more elevated by starting with one strong foundation: real ingredients you can use again and again.

Instead of relying on powders, supplements, or complicated prep, you'll begin with simple bases like coconut water, almond milk, greens, fruit, citrus, and herbs. From there, each smoothie blooms into its own flavor, texture, and purpose.

Create once. Customize endlessly.

Inside, you'll find bright, nourishing smoothie blends for real mornings and simple routines. You'll also see how **bon COOK** tools like the **Eco-Chop, Mini Chopper, Mini Whisk, Mini Grater, and Citrus Press** help make prep easier and more enjoyable.

I hope this guide inspires you to make smoothies part of your daily rhythm and enjoy how something simple can become something beautiful.

By **Cindy Juncaj**



What Is the Base & Bloom Bundle?

The Base & Bloom Bundle is not simply a collection of smoothie recipes. It is a composable system — a framework designed to teach you how to build layered, nutritionally balanced, visually stunning blends from a small repertoire of clean, everyday ingredients.

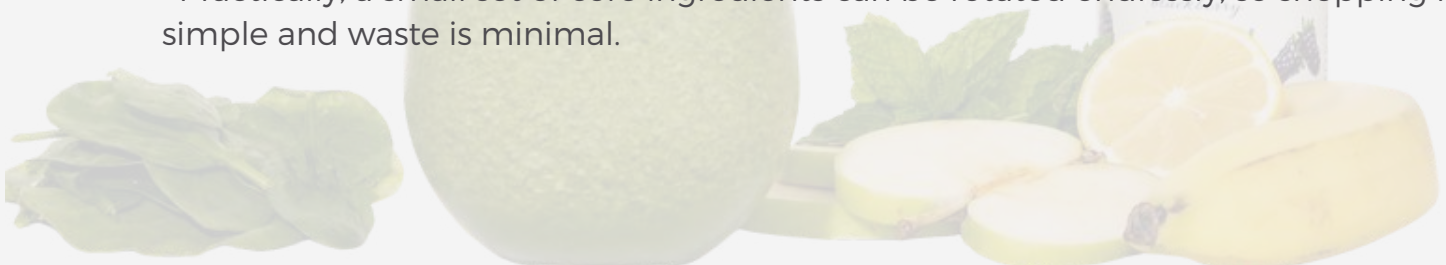
Every recipe in this collection follows the same elegant logic:

<i>THE BASE</i>	Your liquid and green foundation — coconut water, filtered water, or almond milk, layered with baby spinach or romaine. This is where nutrition lives.
<i>THE BLOOM</i>	Your fruit, herb, and texture additions — the elements that make each blend personal, beautiful, and uniquely flavored.
<i>THE BUNDLE</i>	The curated selection of add-ins, upgrades, and finishing touches that allow every blend to be customized without complexity.

Why It Works

The Bundle system works because it eliminates the friction that keeps most people from building a consistent morning ritual. When you understand the Base and the Bloom as principles rather than fixed recipes, you can build a beautiful, nourishing smoothie from whatever is in your kitchen — in under five minutes — every single morning.

- Nutritionally, the system is designed to balance fruit sugars with greens, healthy fats, and natural acids — creating blends that nourish without spiking blood sugar.
- Visually, the layering logic ensures every blend has color depth, clarity, and the kind of effortless beauty that photographs brilliantly.
- Practically, a small set of core ingredients can be rotated endlessly, so shopping is simple and waste is minimal.



A Simple Note on Smoothie Nutrition

Good nutrition doesn't have to be complicated. These smoothies are made with real, whole food ingredients that nourish your body, support your energy, and help you feel your best every day.



These recipes use whole food ingredients.

You won't find powders, artificial flavors, or unnecessary fillers here, just real ingredients you can feel good about.



Fruit provides natural sweetness.

Ripe bananas, mangoes, pineapple, apples, and dates add gentle sweetness along with valuable vitamins, minerals, and antioxidants.



Greens add fiber, vitamins, and color.

Spinach, romaine, and herbs blend in easily and provide important nutrients your body needs every day.



Citrus brightens flavor and helps balance the blend.

Lemon, lime, and orange not only enhance the taste but also support digestion and add vitamin C.



Healthy fats like almond butter or avocado make smoothies more satisfying.

They help keep you full longer and support steady energy throughout the day.



Nutrition estimates are provided as a guide, not as exact medical information.

Values are approximate and may vary based on ingredient size, brand, and optional upgrades.



Simple ingredients. Thoughtful choices. Beautiful results.

Use this guide as inspiration, then adjust each smoothie to fit your taste, your needs, and your morning.



How to Build Your Blend

Layer One: The Base

Every blend begins with a liquid base and a green. Together, these two components define the nutritional character of the smoothie.



Coconut water	Naturally sweet, hydrating. The most versatile base liquid.
Filtered cold water	Neutral, light. Allows fruit and herb flavors to shine.
Unsweetened almond milk	Creamy, subtle. Best for nourish and protein-forward blends.
Baby spinach (packed cup)	Mildest green; nearly undetectable in flavor, brilliant in color.
Romaine lettuce	Lighter and more watery than spinach; adds clean, crisp notes.

Layer Two: The Bloom

The Bloom is where flavor, color, and personality are added. Always include at least one fruit base and one brightening element.



Ripe banana (1/2–1)	Natural creaminess and sweetness. Frozen delivers the best texture.
Green apple (1/2–1)	Crispness and mild tartness that keeps the blend bright.
Pineapple (1/4–1/2 cup)	Tropical sweetness; removes bitterness from greens.
Mango (1/4–1/2 cup)	Rich, velvety sweetness; pairs beautifully with lime.
Cucumber (1/2–1)	Hydrating, cooling; the spa-smoothie secret weapon.
Lemon/lime juice (1–2 tbsp)	The most important finishing element; brightens everything.

Layer Three: The Bundle

The Bundle is your upgrade layer — the finishing choices that make each blend truly yours.

Sweetened with:

- Pineapple
- Mango
- Date
- Banana



Customized with:

- Lemon or lime
- Banana or avocado
- Cucumber or mint

SWEETER	BRIGHTER	CREAMIER	REFRESHING
Pineapple (1/4 cup)	Lemon juice (1 tbsp)	Frozen banana	Cucumber (+1/4 cup)
Mango (1/4 cup)	Lime juice	Almond butter (1 tbsp)	Mint leaves (4–5)
Medjool date (1)	Green Apple	Avocado (1/4)	Sparkling water
Ripe banana (+1/2)	Fresh ginger (1/2 in)	Coconut milk (splash)	Extra ice

INGREDIENT PHILOSOPHY

Clean, Anti-Inflammatory, Elevated

Every ingredient in the Base & Bloom collection was chosen according to four principles: it should be real (whole, unprocessed, recognizable), anti-inflammatory (supporting long-term wellness), visually beautiful (contributing to color, texture, and presentation), and readily available (found in any well-stocked kitchen or grocery store).

No Powders, No Supplements

Everything in these recipes delivers nutrition through whole food sources — fruit, greens, seeds, nuts, citrus. The result is a cleaner nutritional profile and a far more honest, delicious product.

Fruit as Sweetener

Ripe banana, pineapple, mango, and apple provide all the sweetness these blends require. No added sugar, no honey by default — though a Medjool date or half-teaspoon of honey is always a valid choice when you want something a little more indulgent.

Greens as Foundation

Baby spinach is the workhorse of the system: mild enough to disappear into the flavor of the fruit, nutritionally dense, and available year-round. Romaine lettuce appears in select recipes for a lighter, crispier green note.

Citrus as Architecture

Fresh lemon or lime juice is not optional in the Base & Bloom system. Acid balances sweetness, prevents browning, brightens color, and adds a layer of complexity that transforms a flat blend into a finished one. Always use fresh-squeezed.

Herbs as Finishing Touch

A small handful of fresh herbs — mint, basil, flat-leaf parsley — is what separates a good smoothie from a truly remarkable one. Herbs add complexity, visual beauty, and functional wellness benefits that no other ingredient can replicate.

Before You Start Blending

A great smoothie starts with a few simple habits. These tips will help you get the best flavor, texture, and nutrition from every blend.



Use cold liquids for the best texture.

Coconut water, almond milk, or cold filtered water blend smoother and taste more refreshing.



Frozen fruit makes smoothies thicker.

Frozen bananas, mango, and pineapple create a creamy, spoonable texture without needing ice.



Add citrus slowly and taste as you go.

Citrus brightens the flavor. Add a little, blend, then add more if needed.



Start with smaller amounts of strong herbs.

Herbs like mint, basil, and parsley are powerful. Start small, then adjust to your taste.



Adjust sweetness naturally with banana, mango, pineapple, or dates.

These whole foods add natural sweetness and valuable nutrients.



Use the Eco-Chop and smaller prep tools as shown in each recipe.

These tools help you prep faster, reduce mess, and get the most out of fresh ingredients.



bon COOK Tip:

Keep your tools in one spot and your mornings will be easier. The Eco-Chop, Mini Chopper, Citrus Press, Mini Whisk, and Mini Grater make smoothie prep quick and enjoyable.



Fresh Herb Guide for Smoothies

Fresh herbs are a simple way to make smoothies feel brighter, fresher, and more elevated. Just a small amount can change the flavor of a blend, adding cooling notes, garden freshness, gentle warmth, or a softer finish without making the recipe complicated.

Use this guide as a quick reference when choosing herbs for your smoothie blends. Each herb brings a different flavor direction, so you can start with the recipe as written, then adjust it based on the taste you want. Whether you want something refreshing, clean, warm, bright, or calming, these herbs help each smoothie bloom in its own way.

MINT <i>Cooling and refreshing</i> Best for cucumber, pineapple, lime, and coconut water blends.	BASIL <i>Soft garden flavor</i> Best for mango, strawberry, lemon, and green apple blends.	PARSLEY <i>Clean green flavor</i> Best for spinach, cucumber, lemon, and detox-style blends.
GINGER <i>Warm and bold</i> Best for turmeric, mango, lemon, and pineapple blends.	LEMON THYME <i>Bright and citrusy</i> Best for lemon, green apple, and herb-forward blends.	CHAMOMILE <i>Soft and floral</i> Best for gentle, calming smoothie blends.



TRY THIS:

Start with one herb at a time. Blend, taste, and adjust slowly. A little mint, basil, parsley, or ginger can completely change the feel of your smoothie without overpowering the fresh ingredients.



bonTIP:

Use the Mini Chopper for fresh herbs and the Mini Grater for ginger or citrus zest. Small prep tools make it easier to add fresh flavor without extra mess.



Prep Once. Blend Easier All Week.

Smoothie prep does not need to take over your morning. With a few ingredients washed, sliced, and grouped ahead of time, you can make fresh blends faster and with less cleanup. Use this checklist to make your smoothie routine feel simple, organized, and easy to repeat.

PREP THE NIGHT BEFORE → **BLEND FASTER IN THE MORNING**



NIGHT BEFORE PREP

- ☐ Wash and dry spinach.
- ☐ Slice and freeze bananas.
- ☐ Portion frozen mango or pineapple.
- ☐ Keep lemons or limes ready.



MORNING PREP

- ☐ Chop herbs in small amounts.
- ☐ Set out smoothie ingredients.
- ☐ Keep tools grouped together.
- ☐ Blend, pour, and serve.



bon COOK Tip:

Keep your Eco-Chop, Mini Chopper, Citrus Press, Mini Whisk, and Mini Grater in one prep area to make mornings faster. When your tools are easy to reach, smoothie prep feels simpler from start to finish.



TOOL GUIDE: WHY THESE BONCOOK TOOLS MATTER

The Tools That Make Smoothie Prep Easier

The right tools help you prep faster, add more fresh flavor, and enjoy smoother, better-tasting smoothies. Here's how each bon COOK tool supports your everyday smoothie routine.



ECO CHOP

Helps chop fruit, greens, and smoothie ingredients quickly.

USE IT FOR:

Berries, spinach, cucumber, or soft fruit.



MINI CHOPPER

Perfect for herbs and smaller ingredients.

USE IT FOR:

Mint, parsley, basil, or small fruit pieces.



CITRUS PRESS

Adds fresh lemon or lime juice without extra mess.

USE IT FOR:

Brightening green smoothies.



MINI WHISK

Helps blend creamy add-ins before adding them to a smoothie.

USE IT FOR:

Almond butter, yogurt, or coconut cream.



LE PETIT GRATER

Adds fresh flavor in small amounts.

USE IT FOR:

Ginger, citrus zest, or turmeric.



Small tools. Fresh ingredients. Easier mornings.

When you prep with simple tools and fresh ingredients, smoothies become easier, faster, and more delicious.

Make Every Blend Your Own

Small changes can create big flavor. Use this chart to customize your smoothie and make it just right for you.



IF YOU WANT...	TRY ADDING...
 SWEETER	Banana, mango, pineapple, or dates 
 CREAMIER	Avocado, almond butter, coconut yogurt, or banana 
 BRIGHTER	Lemon, lime, orange, or citrus zest 
 MORE REFRESHING	Cucumber, mint, coconut water, or ice 
 MORE FILLING	Almond butter, yogurt, avocado, or oats 



Start with the recipe, then adjust it to fit your morning.



BASE & BLOOM BUNDLE SMOOTHIES

THE GLOW COLLECTION:

Bright Green Glow
Cucumber Spa Refresh
Tropical Sunrise Green

THE NOURISH COLLECTION:

Velvet Almond Green
Morning Mango Glow

THE RESTORE COLLECTION:

Gentle Green Detox
Anti-Inflammatory Golden Green
Garden Party Green



Bright Green Glow



Active Time: 10 mins



Total Time: 10 mins.



Serves: 1-2



Bright Green Glow

The foundational smoothie of the Base & Bloom system. Crisp, hydrating, and effortlessly beautiful — this is the one you will reach for every morning.

Ingredients

- 1 cup cold coconut water
- 1 cup fresh baby spinach, packed
- 1 green apple, cored and chopped
- 1/2 ripe banana
- Juice of 1/2 lemon (approx. 1 ½ tbsp)
- 1/2 cup ice
- FRENCH PANTRY Blackberry Balsamic, garnish

Bloom Bundle Tip:

- Use a fully ripe banana for natural sweetness without added sugar. A slightly frozen banana delivers the creamiest texture.

Nutritional Benefits

- Baby spinach adds vitamins, minerals, and antioxidants while keeping the flavor mild and easy to enjoy.
- Green apple and lemon bring natural brightness, fiber, and vitamin C to help balance the sweetness of the banana.
- Coconut water helps keep the smoothie light and hydrating, making it a refreshing morning blend.

Directions

1. Use the Eco Chop to chop the apple into even pieces. Press the lemon half in the Citrus Press to extract fresh juice.
2. Add coconut water and spinach to the Eco Chop container (2-cup capacity). Secure the lid and pump to emulsify the greens into the liquid until smooth, about 20-25 pumps.
3. Add the chopped apple, banana, and lemon juice. Continue chopping and emulsifying until completely vibrant and creamy.
4. Add ice, pulse a few final times, and serve immediately in a chilled glass.

Optional Upgrades:

- Sweetener: Add 1/4 cup fresh or frozen pineapple
- Creamier: Add 1/4 avocado
- Herb Bloom: Add 3-4 fresh mint leaves or 2 basil leaves

Shop bon COOK Products here:



Eco-Chop



Citrus Press



FRENCH PANTRY
Blackberry
Balsamic

Cucumber Spa Refresh



Active Time: 10 mins



Total Time: 10 mins.



Serves: 1



Cucumber Spa Refresh

Cooling, hydrating, and utterly spa-like — this smoothie was designed to feel as beautiful as it tastes. The cucumber is the hero, softening every green note into something crisp and clean.

Ingredients

- 1 cup coconut water or filtered cold water
- 1/2 English cucumber, peeled and sliced
- 1 green apple, cored and chopped
- 1/2 ripe banana
- 1 cup fresh baby spinach
- Juice of 1/2 lemon
- 5-6 fresh mint leaves
- 1/2 cup ice
- FRENCH PANTRY Blackberry Balsamic, garnish

Directions

1. Peel and slice the cucumber using the Eco Chop for uniform pieces. Press the lemon in the Citrus Press. Use the Mini Chopper to finely chop the fresh mint — this releases the essential oils that define this blend's spa-like character.
2. Add liquid, cucumber, and the chopped mint to the Eco Chop container. Pump vigorously to emulsify — about 20-25 pumps — until the base is fragrant and smooth.
3. Add spinach, apple, banana, and lemon juice. Continue pumping until completely smooth and bright green.
4. Taste and adjust. Serve over ice in a tall glass.

Bloom Bundle Tip:

- Blend cucumber and mint first — this 20-second step releases the essential oils
- and dramatically elevates the final flavor. Do not skip it.

Optional Upgrades:

- Extra Refreshing: Add 2-3 additional cucumber slices
- Citrus Lift: Swap lemon for lime
- Lemon Thyme Bloom: Replace mint with 1/2 tsp fresh lemon thyme leaves

Nutritional Benefits

- Cucumber and coconut water help make this smoothie naturally hydrating and refreshing.
- Fresh mint and lemon help brighten the blend, making it feel clean, fresh, and easy to drink.

Shop bon COOK Products here:



Eco-Chop



Mini Chopper



Citrus Press



FRENCH PANTRY
Blackberry
Balsamic

Tropical Sunrise Green



Active Time: 15 mins



Total Time: 30 mins.



Serves: 1-2



Tropical Sunrise Green

All the brightness of a tropical morning with the nourishing green foundation of the Base & Bloom system. This crowd-pleasing blend is naturally sweet, effortlessly vibrant, and endlessly versatile.

Ingredients

- 1 cup coconut water
- 1/2 cup frozen pineapple chunks (about 4–5 pieces)
- 1/2 ripe banana, fresh or frozen
- 1/2 green apple, chopped
- 1 cup fresh baby spinach, packed
- Juice of 1/2 lemon
- 1/2 cup ice

Directions

1. Use the Eco Chop to chop the apple into small, even pieces. Press the lemon in the Citrus Press.
2. Combine coconut water and spinach in the Eco Chop container; pump until smooth and green, about 20 pumps.
3. Add pineapple, banana, apple, and lemon juice. Continue pumping until completely silky and vibrant.
4. Adjust consistency with a splash more coconut water if needed. Serve immediately.

Bloom Bundle Tip:

- Frozen pineapple is your secret weapon — it chills the blend, adds sweetness, and eliminates the need for excess ice.

Optional Upgrades:

- Sweeter: Add 1/4 cup fresh mango
- Citrus Punch: Add a squeeze of orange juice
- Herb Bloom: 3 mint leaves or 2 basil leaves

Nutritional Benefits

- Pineapple provides natural enzymes and vitamin C, helping add tropical flavor while supporting a bright, fruit-forward blend.
- Green apple adds crispness and fiber, helping balance the sweetness of banana and pineapple without needing added sugar.

Shop bon COOK Products here:



[Eco-Chop](#)



[Citrus Press](#)

Velvet Almond Green



Active Time: 10 mins



Total Time: 10 mins.



Serves: 1



Velvet Almond Green

Smooth, satisfying, and quietly indulgent. The almond butter transforms this green smoothie into a genuinely nourishing morning meal – without a trace of heaviness.

Ingredients

- 1 cup unsweetened almond milk
- 1 ripe banana, frozen preferred
- 1/2 green apple, chopped
- 1 cup fresh baby spinach, packed
- 1 tbsp natural almond butter (no added sugar)
- 1/2 cup ice
- FRENCH PANTRY Provence Apricot Jam, garnish

Directions

1. Use the Mini Whisk to whisk together the almond butter and a small splash of almond milk in a small bowl until smooth. This prevents clumping and ensures even distribution.
2. Add all remaining ingredients to the Eco Chop container: the remaining almond milk, spinach, banana, and apple (first chopped with the Eco Chop for even pieces).
3. Pump vigorously – about 25-30 pumps – until the blend is completely smooth and velvety.
4. Taste and adjust. Add more almond butter for richness, or a squeeze of lemon (pressed with the Citrus Press) for brightness.

Bloom Bundle Tip:

- Pre-mixing the almond butter with a splash of liquid before blending prevents it from clinging to the blades and creates an evenly creamy texture throughout.

Nutritional Benefits

- Almond butter adds healthy fats and helps make the smoothie more satisfying.
- Almond milk keeps the blend creamy while giving it a lighter, dairy-free base.

Optional Upgrades:

- Sweeter: Add 1 Medjool date, pitted
- Deeper: Add a pinch of cinnamon and 1/4 tsp vanilla extract
- Herb Bloom: 2 basil leaves or a pinch of dried chamomile

Shop bon COOK Products here:



Eco-Chop



Mini Whisk



FRENCH PANTRY
Provence Apricot
Jam

Morning Mango Glow



Active Time: 10 mins



Total Time: 10 mins.



Serves: 1-2



Morning Mango Glow

Bright, effortlessly tropical, and packed with beta-carotene and vitamin C — this blend feels like sunshine in a glass. Ideal for busy mornings when you need beauty and nutrition in equal measure.

Ingredients

- 1 cup coconut water
- 1/2 cup frozen mango chunks
- 1/4 cup frozen pineapple
- 1/2 banana
- 1 cup baby spinach
- Juice of 1/2 lime
- 1/2 cup ice

Directions

1. Press the lime in the Citrus Press. Combine coconut water and spinach in the Eco Chop container; pump until smooth.
2. Add mango, pineapple, banana, and lime juice. Pump until silky and deeply golden-green.
3. Taste and adjust sweetness. Serve immediately, garnished with a sliver of fresh mango.

Bloom Bundle Tip:

- A twist of lime (rather than lemon) keeps the tropical flavor profile cohesive and bright. Use freshly squeezed — it makes a perceptible difference.

Optional Upgrades:

- Creamier: Add 2 tbsp coconut yogurt
- Herb Bloom: 3 fresh mint leaves
- Extra Tropical: Swap coconut water for 50% coconut milk

Nutritional Benefits

- Mango adds beta-carotene, which supports vitamin A production.
- Lime helps brighten the flavor while adding a small boost of vitamin C.

Shop bon COOK Products here:



[Eco-Chop](#)



[Citrus Press](#)

Gentle Green Detox



Active Time: 10 mins



Total Time: 10 mins.



Serves: 1



Gentle Green Detox

Clean, light, and beautifully restorative. This blend is built around naturally detoxifying ingredients — parsley, lemon, and cucumber — without any powders or supplements required.

Ingredients

- 1 cup filtered cold water
- 1 cup fresh baby spinach, packed
- 1/2 cucumber, peeled and sliced
- 1/2 green apple, chopped
- 1/2 banana
- 1 1/2 tbsp fresh lemon juice
- 1 small handful fresh flat-leaf parsley (about 6–8 sprigs)
- 1/2 cup ice
- FRENCH PANTRY Raspberry Balsamic, garnish

Directions

1. Use the Mini Chopper to finely chop the fresh parsley — this releases maximum chlorophyll and flavor. Press the lemon in the Citrus Press. Chop the apple and cucumber with the Eco Chop.
2. Add water, spinach, parsley, and cucumber to the Eco Chop container. Pump 20–25 times until smooth and fragrant.
3. Add apple, banana, and lemon juice. Continue pumping until completely smooth.
4. Serve immediately over ice.

Optional Upgrades:

- Add 1/2 inch fresh ginger for anti-inflammatory warmth
- Swap parsley for celery leaves for a more mineral note
- Add 2–3 celery stalks for added hydration and depth

Bloom Bundle Tip:

- Parsley is the quiet hero of this blend — rich in chlorophyll and vitamin K, it freshens the palate and brightens the green flavor without bitterness. Start with a small amount and adjust to taste.

Nutritional Benefits

- Parsley adds vitamin K and a fresh green flavor.
- Cucumber helps keep the blend light, cooling, and hydrating.

Shop bon COOK Products here:



[Eco-Chop](#)



[Mini Chopper](#)



[Citrus Press](#)



[FRENCH PANTRY](#)
[Raspberry](#)
[Balsamic](#)

Anti-Inflammatory Golden Green



Active Time: 10 mins



Total Time: 10 mins.



Serves: 1



Anti-Inflammatory Golden Green

This smoothie sits at the intersection of wellness and pleasure. Ginger and lemon work in concert with the green base to support a calm, nourished start — beautiful in color, exceptional in effect.

Ingredients

- 1 cup coconut water
- 1 cup baby spinach, packed
- 1/2 banana
- 1/2 green apple, chopped
- 1/2 inch fresh ginger, peeled
- 1 1/2 tbsp fresh lemon juice
- 1/4 tsp ground turmeric (optional for color and warmth)
- 1/2 cup ice
- FRENCH PANTRY Provence Apricot Jam, garnish

Directions

1. Use the Mini Grater to grate the fresh ginger directly into the Eco Chop container — this captures maximum essential oil without fibrous bits. Press the lemon in the Citrus Press.
2. Add coconut water and spinach to the Eco Chop container. Pump 20-25 times until fragrant and smooth.
3. Add banana, apple, lemon juice, and turmeric if using. Continue pumping until smooth and vibrant.
4. Serve immediately — the color is most vivid when freshly made.

Bloom Bundle Tip:

- The Mini Grater is the key tool here —grating ginger releases far more flavor than slicing, and keeps your finish blend silky smooth.

Optional Upgrades:

Add a pinch of black pepper to activate turmeric's bioavailability

- Use the Mini Chopper to finely chop 2-3 mint leaves for a cooling counterpoint
- Swap lemon for lime and press in the Citrus Press for a brighter note

Nutritional Benefits

- Fresh ginger adds bold flavor and supports a warming, wellness-focused blend.
- Turmeric gives the smoothie its golden color and pairs well with lemon for a bright finish.

Shop bon COOK Products here:



Eco-Chop



Le Petit Grater



Citrus Press



FRENCH PANTRY
Provence Apricot
Jam

Garden Party Green



Active Time: 10 mins



Total Time: 10 mins.



Serves: 2-4



Garden Party Green

Designed for the table, not just the blender. This smoothie is elegant enough to serve to guests — beautiful in color, refined in flavor, and deceptively simple to prepare in quantity.

Ingredients

- 2 cups coconut water
- 2 cups baby spinach, packed
- 1 full cucumber, peeled and sliced
- 1 green apple, cored and chopped
- 1 banana
- Juice of 1 lemon
- 8–10 fresh mint leaves
- 1 cup ice
- FRENCH PANTRY Strawberry Champagne Jam, garnish

Directions

1. Use the Mini Chopper to finely chop the mint leaves — this releases their essential oils and infuses the entire blend with vibrant freshness. Chop the cucumber and apple with the Eco Chop. Press the lemon in the Citrus Press.
2. Add coconut water, spinach, cucumber, and chopped mint to the Eco Chop container. Pump vigorously, about 25–30 pumps, until smooth and fragrant.
3. Add apple, banana, and lemon juice. Continue pumping until completely smooth and vibrant green.
4. Pour into a chilled pitcher. Serve over ice in stemless wine glasses.

Bloom Bundle Tip:

- Make this up to two hours ahead and refrigerate. Stir gently before pouring — do not re-blend, as the texture is best when fresh.

Optional Upgrades:

- For a mocktail presentation: top with a splash of sparkling water
- Garnish each glass with a thin cucumber ribbon and sprig of mint
- Add 1 tbsp fresh lime juice for a cocktail-party edge

Nutritional Benefits

- Mint adds a fresh, cooling finish that makes the blend feel light and refreshing.
- A full cucumber-and-spinach base makes this smoothie a naturally green, hydrating option for serving in larger batches.

Shop bon COOK Products here:



Eco-Chop



Mini Chopper



Citrus Press



FRENCH PANTRY
Strawberry
Champagne Jam

HOSTING & PRESENTATION

The Art of the Beautiful Glass

A well-made smoothie deserves a beautiful presentation. These suggestions transform a morning ritual into a genuine hosting moment — equally appropriate for a quiet weekday breakfast or a sunlit brunch table.

Glassware

Choose clear glass whenever possible — the color of a well-made green smoothie is one of its most compelling features. Stemless wine glasses, tall tumblers, or vintage juice glasses all work beautifully. For entertaining, serve in small cordial glasses for individual pours alongside a larger beverage option.



Garnish

Keep garnishes restrained and ingredient-driven. A thin wheel of cucumber on the rim, a single sprig of mint, a fine curl of lemon zest, or a sliver of green apple speaks to the contents without overcomplicating the presentation. Avoid garnishes that cannot be consumed.

Temperature

Smoothies are at their best ice-cold. Chill your glasses in the freezer for 10 minutes before serving. For entertaining, present smoothies in a chilled glass pitcher resting on a bed of crushed ice.



The Smoothie Station

For a true hosting moment, set up a beautiful smoothie station: your Eco Chop and bon COOK tools, grouped ingredients by recipe, small labeled cards for each blend, and a selection of glasses. Guests can build their own — a surprisingly intimate and memorable experience.

HOSTING & PRESENTATION

Everything You Need

This master list covers all ingredients across the complete Base & Bloom Bundle collection. It is designed to minimize waste and maximize versatility — the majority of items appear across multiple recipes.

PRODUCE	FROZEN FRUIT	PANTRY	OPTIONAL
☐ Baby spinach (2 large bags)	☐ Frozen pineapple chunks (1 bag)	☐ Coconut water (1L)	☐ Coconut yogurt
☐ English cucumber (2)	☐ Frozen mango chunks (1 bag)	☐ Unsweetened almond milk (1L)	☐ Lemon thyme (potted herb)
☐ Green apples (4–6)	☐ Frozen banana slices (optional)	☐ Natural almond butter (1 jar)	☐ Dried chamomile flowers
☐ Ripe bananas (1 bunch)		☐ Medjool dates	☐ Sparkling water (for entertaining)
☐ Fresh mint (1 bunch)		☐ Ground turmeric (optional)	
☐ Flat-leaf parsley (1 bunch)			
☐ Fresh ginger (1 small knob)			
☐ Lemons (3–4)			
☐ Limes (2)			
☐ Avocado (1–2)			

Prep Tips

- Pre-wash and dry all spinach as soon as you bring it home. Store in a clean container lined with a paper towel — it will stay fresh and ready for up to five days.
- Peel and slice bananas, then freeze them on a parchment-lined tray before transferring to a freezer bag. Frozen banana delivers the creamiest texture of any smoothie thickener.
- Freeze pineapple and mango chunks in individual portion bags (1/2 cup per bag) for instant, measured access.
- Keep a citrus press at the ready — fresh lemon and lime juice is used in every single recipe and is the single most impactful element in the system.
- Pre-portion herbs into small ice cube trays with a splash of water and freeze. Drop one cube directly into the Eco Chop container for a measured, always-available herb bloom.

THE BASE & BLOOM BUNDLE

5 Pieces · 1 Complete System

Eco Chop · Mini Chopper · Mini Grater · Mini Whisk · Citrus Press

\$90.00

A special bundle price — everything you need to make every recipe in this guide.

Shop the Bundle at bon COOK



Why You'll Love It:

- **Eco Chop:** Emulsifies smoothie bases with a simple pump action.
- **Mini Chopper:** Unlocks essential oils in fresh herbs for enhanced aroma and flavor.
- **Mini Grater:** Micro blades for zesting with precision, releasing complex citrus layers.
- **Mini Whisk:** Emulsifies thick ingredients like almond butter seamlessly without clumping.
- **Citrus Press:** Extracts maximum juice from citrus, prioritizing fresh, never-bottled flavor.

Discounts Applied at Checkout



While Supplies Last

THE BASE & BLOOM BUNDLE

4 Pieces · 1 Complete System

Eco Chop · Mini Chopper · Mini Grater · Citrus Press

\$80.00

A special bundle price — everything you need to make every recipe in this guide.

Shop the Bundle at bon COOK



Why You'll Love It:

- **Eco Chop:** Emulsifies smoothie bases with a simple pump action.
- **Mini Chopper:** Unlocks essential oils in fresh herbs for enhanced aroma and flavor.
- **Mini Grater:** Micro blades for zesting with precision, releasing complex citrus layers.
- **Citrus Press:** Extracts maximum juice from citrus, prioritizing fresh, never-bottled flavor.

Discounts Applied at Checkout



While Supplies Last



THANK YOU!

Thank you for spending time with the Base & Bloom Garden Party Mini Loaves guide.

This cookbook was created to make baking feel simpler, smarter, and more beautiful.

With one reliable bon BASE batter, you can create six mini loaf cakes, explore seasonal flavors, and finish each one with a simple glaze that feels special without being complicated.

I hope this guide gives you confidence to bake once, customize freely, and share something beautiful with the people around your table.

Try the method, make it your own, and let each new season inspire your next bloom.

Cindy

@theboncook

