

BatWeek Eats in a Box - #MotivationMonday



Between their role as predators of night insects, pollinators of night-blooming flowers, and spreaders of seeds across damaged landscapes, bats truly are heroes of the night skies. They are a farmer's, and a foodie's, best friend! The next page shows a table highlighting some of the foods that are made possible by bats. Each bat-dependent ingredient in the recipe has been underlined.

Motivational Smoothie Bowl

- 🌸 1/2 cup frozen strawberries
- 🌸 1/2 frozen banana
- 🌸 1/2 frozen mango pieces
- 🌸 1/2 cup coconut, soy, or almond milk



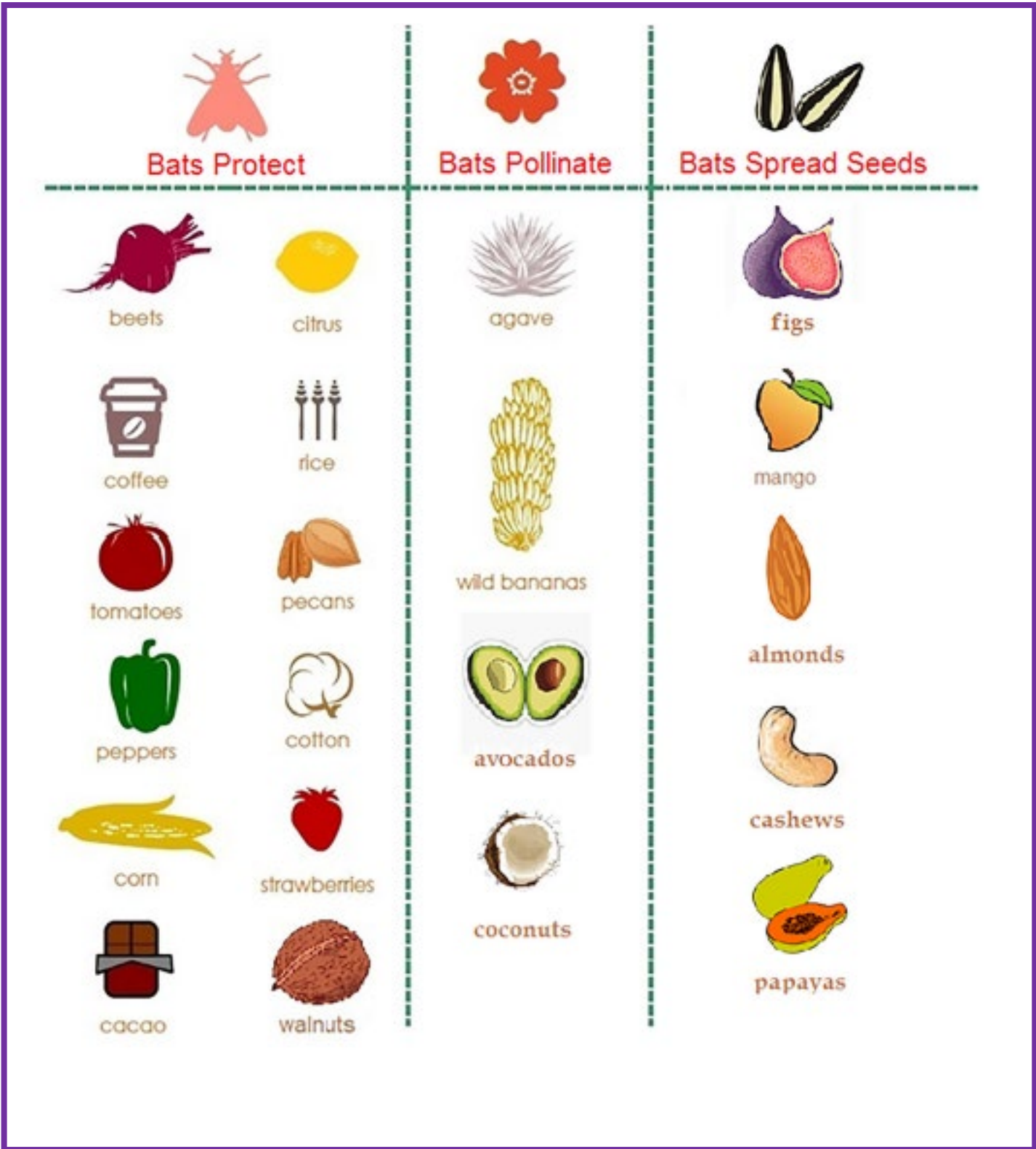
Toppings: coconut shavings, sliced strawberries, sliced bananas, crushed walnuts, crushed almonds, and a drizzle of agave nectar.

Directions:

- Blend smoothie ingredients together until completely smooth. If you need more liquid, add more milk 1 tablespoon at a time.
- Transfer your smoothie into a bowl.
- Add as many of the toppings as you want and enjoy!
- Snap a picture of you enjoying your delicious treat and post it online. Use #BatWeek and #MondayMotivation to let everyone know that bats are unique and worthy of our care and protection. Challenge a friend to make this snack or another one using bat-dependent ingredients.



Bat Fact! Did you know that bats pollinate wild bananas and disperse their seeds? The commercial bananas we eat have been seedless and without the need for pollination for thousands of years leaving them all genetically similar. A single disease could devastate the global banana crop. Fortunately, fruit bats are still at work, maintaining wild banana plants that could keep bananas from disappearing from our diets. #MondayMotivation



All bat characters were created by Kim O’Keefe, a talented illustrator with The Save Lucy Campaign.