

# Smoothie Recipes

- We use either frozen or freeze all of our fruit except the apples, oranges, spinach, and carrots. We do not peel the apples.
- All ingredients are listed in order of how you will put them in the container, you might want to put in the first several ingredients, then blend and add the rest of the items.
- If you feel the smoothie is too thick or not thick enough adjust the liquid accordingly.
- All recipes are for 64 oz. of product, after blending you will end up with about 54oz. of smoothies
- You do not need an expensive blender to make the smoothies, although we use Vita-Mix.

## PEACH MANGO TANGO

2/3 cup Water  
2/3 cup Apple Juice  
1 2/3 cup Yellow Apples  
1 2/3 cup White Grapes  
1 cup Mango  
1 1/3 cup Peaches  
1/8 cup Carrots

## VERY BERRY

1 cup Water  
2/3 cup Apple Juice  
1 2/3 cup Yellow Apples  
1 1/3 cup White Grapes  
1 1/3 cup Blueberries  
4 cups Burst of Berries (Strawberries,  
Blackberries, Red Raspberries, Blueberries)

## STRAWBERRY/BANANA

1 cup Water  
2/3 cup Apple Juice  
1 1/3 cup Yellow Apples  
1 1/3 cup Grapes  
4 cups Strawberries  
2 Whole Bananas

## TROPICAL SPLASH

1/3 cup Water  
1/3 cup Apple Juice  
2/3 cup Yellow Apples  
2 1/3 cup Oranges  
1 cup White Grapes  
5 1/3 Pineapple  
1 Whole Banana

## GREEN MONSTER

1 1/3 cup Oranges  
2 2/3 cup Yellow Apples  
2 2/3 cup Spinach (Do not pack down)  
1 1/3 cup Pineapple  
1 1/3 Whole Banana  
2 cups Crushed Ice  
1 2/3 oz. Honey  
1 1/3 cups White Grapes