



PREMIUM SMOOTHIE RECIPES

Peanut Butter Energy

2 spoons of creamy peanut butter, ½ banana, 4 oz smoothie base mix, 12 oz ice

Morning Sunrise

1 spoonful of orange juice concentrate, 3 strawberries, ½ banana, 4 oz smoothie base mix, 12 oz ice

Strawberry Sensation

3 Strawberries, ½ banana, 4 oz smoothie base mix, 12 oz ice

Mango Mania

4 oz Mango chunks or puree, 4oz smoothie base mix, 12 oz ice

Blueberry Bonanza

3 oz blueberries, 1 oz strawberries, 4 oz smoothie base mix, 12 oz ice

Island Berry Blast

1 oz raspberries, 1 oz mango puree, ½ banana, 1 oz pineapple, 4 oz smoothie base mix, 12 oz ice

Fruity Paradise

1 spoonful of orange juice concentrate, 1 oz mango puree or chunks, 1 oz strawberries, 1 oz raspberries, 4 oz smoothie base mix, 12 oz ice

Tropical Sunset

1 oz mango puree or chunks, 1 oz strawberries, 1 oz raspberries, 4 oz smoothie base mix, 12 oz ice

To make a single serving SMOOTHIE add:

- 4 oz. Nanci's Gourmet Smoothie Base liquid (prepared in advance and stored in your refrigerator)
- 6 oz. fruit (follow recipes above)
- 12 oz. ice

BLEND & SERVE!

Try experimenting with your own recipes!