



ICONIC SMOOTHIE RECIPES

(Blend ingredients in order from top to bottom)

| BERRY BANANA BURST | PINK FLAMINGO | RASPBERRY RIOT | TROPICAL COOLER | MANGO DELIGHT | ORANGE CRUSH |
|--------------------|-------------------|---------------------------------|-------------------------------|------------------|--------------------|
| MINI | MINI | MINI | MINI | MINI | MINI |
| 10 oz Nutmilk | 8 oz Coco. Water | Blue Vanilla Drizzle around cup | 8 oz Coco.Water | 8 oz Nutmilk | 8 oz Orange Juice |
| 1 pump Agave | 2 pumps Agave | 6 oz Nutmilk | 1/4 HF Spinach | 2 pumps Agave | 1 pump Agave |
| 1/2 Banana scp | 1 Pitaya pc | 3 pumps Agave | 1/2 pc Kale(<i>no stem</i>) | 2 Mango scps | 1 scp Ice |
| 1/2 Blueberry scp | 1 Strawberry scp | 1 Strawberry scp | 1 Banana scp | 1 Pineapple scp | 1 Strawberry scp |
| 1 Strawberry scp | 1 Pineapple scp | 2 Raspberry scps | 1 Pineapple scp | | |
| | | | | | |
| SMALL | SMALL | SMALL | SMALL | SMALL | SMALL |
| 12 oz Nutmilk | 10 oz Coco. Water | Blue Vanilla Drizzle around cup | 8 oz Coco.Water | 12 oz Nutmilk | 10 oz Orange Juice |
| 1 pump Agave | 2 pumps Agave | 8 oz Nutmilk | 1/2 HF Spinach | 2 pumps Agave | 1 pump Agave |
| 1 Banana scp | 1 Pitaya pc | 4 pumps Agave | 1/2 pc Kale(<i>no stem</i>) | 2 Mango scps | 1 scp Ice |
| 1 Blueberry scp | 1 Strawberry scp | 1 Strawberry scp | 2 Banana scps | 2 Pineapple scps | 1 Strawberry scp |
| 1 Strawberry scp | 2 Pineapple scps | 2 Raspberry scps | 1 Pineapple scp | | |
| | | | | | |
| REGULAR | REGULAR | REGULAR | REGULAR | REGULAR | REGULAR |
| 14 oz Nutmilk | 14 oz Coco. Water | Blue Vanilla Drizzle around cup | 12 oz Coco. Water | 16 oz Nutmilk | 14 oz Orange Juice |
| 2 pumps Agave | 3 pumps Agave | 10 oz Nutmilk | 1 HF Spinach | 3 pumps Agave | 2 pumps Agave |
| 1 Banana scp | 2 Pitaya pcs | 6 pumps Agave | 1 pc Kale (<i>no stem</i>) | 2 Mango scps | 1 scp Ice |
| 1 Blueberry scp | 1 Strawberry scp | 2 Strawberry scps | 2 Banana scps | 2 Pineapple scps | 2 Strawberry scps |
| 2 Strawberry scps | 3 Pineapple scps | 2 Raspberry scps | 2 Pineapple scps | | |
| | | | | | |
| LARGE | LARGE | LARGE | LARGE | LARGE | LARGE |
| 20 oz Nutmilk | 20 oz Coco. Water | Blue Vanilla Drizzle around cup | 16 oz Coco. Water | 22 oz Nutmilk | 20 oz Orange Juice |
| 2 pumps Agave | 4 pumps Agave | 16 oz Nutmilk | 1 HF Spinach | 4 pumps Agave | 2 pumps Agave |
| 2 Banana scps | 2 Pitaya pcs | 8 pumps Agave | 1 pc Kale (<i>no stem</i>) | 4 Mango scps | 2 scps Ice |
| 2 Blueberry scps | 2 Strawberry scps | 3 Strawberry scps | 4 Banana scps | 2 Pineapple scps | 2 Strawberry scps |
| 2 Strawberry scps | 4 Pineapple scps | 3 Raspberry scps | 2 Pineapple scps | | |
| | | | | | |

| Disher Guide | Add ons Portions - \$1.00 ea. | Job Aid Abbreviations | | | |
|------------------------|--|---|-----------------|-------------------|--|
| P.B A.B plum/brown | Proteins & Boosts 1 TBSP | PB/AB = Peanut ButterAlmond Butter | | TBSP = tablespoon | |
| Acai black | Cocoa Powder 1 TBSP | pc(s) = piece | Coco. = coconut | scp(s) = scoops | |
| Strawberry ivory | Yogurt 1 scp * <i>bottom of cup</i> * | tsp = teaspoon | oz = ounces | HF = handful | |
| Pineapple ivory | Coco Whip 1 scp * <i>bottom of cup</i> * | Recipe Reminders | | | |
| Blueberry ivory | Drizzles 5-7 zig zags | Yellow Highlight = Action that needs to be added to the cup before pouring in smoothie mix. | | | |
| Bananas ivory | Coconut Flakes 2 tsp | Sweetener Subs = 1:1 ratio. Example: 1 pump of Agave is equal to 1 pump zero calorie sweetener. | | | |
| Mango ivory | Cacao Nibs 2 tsp | \$Greenie Up = Always use one less ounce of liquid to avoid loose consistency of smoothie mix. | | | |
| Raspberry ivory | Chia Seeds 2 tsp | \$Yogurt & Coco Whip = Always add scoop to the bottom of cup and smear around the sides before pouring in smoothie mix. | | | |
| Ice teal | Strawberry Jam 2 TBSP * <i>bottom of cup</i> * | \$Drizzles = Always drizzle around the inner sides of the cup before pouring in smoothie mix. | | | |
| | Greenie Up 1/2 HF Spin. 1 pc Kale | \$Strawberry Jam = Always add to the bottom of the cup before pouring in smoothie mix. | | | |
| | Dates 6 pcs | Subs & Adds: When adding an IQF ingredient without removing another, always decrease the amount of the last IQF ingredient listed by 1/2 portion to account for the add. When subbing one IQF for another, it is a 1:1 ratio. | | | |



SUPERCARGED SMOOTHIE RECIPES (Blend ingredients in order from top to bottom)

| PB&J | BLUEBERRY ALMOND BUTTER | CHOCOLATE PEANUT BUTTER | STRAWBERRY BANANA | GLOW GETTER | HEALTH NUT |
|---|--------------------------------|--------------------------------|---|-----------------------|-------------------|
| MINI | MINI | MINI | MINI | MINI | MINI |
| 1 TBSP Straw. Jam on bottom of cup | 4 oz Nutmilk | PB Drizzle around cup | 1 TBSP Straw. Jam on bottom of cup | 6 oz Nutmilk | 6 oz Nutmilk |
| 6 oz Nutmilk | 2 pumps Zero Cal Swt | 6 oz Nutmilk | 8 oz Nutmilk | 2 pumps Zero Cal Swt. | 1 pump Agave |
| 1 pump Agave | 1 TBSP AB | 1 pump Agave | 2 pumps Agave | 1 TBSP Collagen | 1 scp Ice |
| 1 scp Ice | 3 TBSP Protein | 1 scp Ice | 1 TBSP Protein | 1 Pitaya pc | 1 TBSP PB/AB |
| 2 TBSP PB/AB | 3 Blueberry scps | 1 TBSP Cocoa Powder | 1 Banana scp | 2 Date pcs | 1 TBSP Protein |
| 3 Date pcs | | 1 TBSP Protein | 1 Strawberry scp | 1 Strawberry scp | 3 Date pcs |
| 1 Banana scp | | 1 TBSP PB/AB | | 1 Pineapple scp | 1 Banana scp |
| | | 1 tsp Cacao Nibs | | | |
| | | 3 Date pcs | | | |
| | | 1 Banana scp | | | |
| SMALL | SM | SMALL | SMALL | SMALL | SMALL |
| 2 TBSP Straw. Jam on bottom of cup | 6 oz Nutmilk | PB Drizzle around cup | 1 TBSP Straw. Jam on bottom of cup | 8 oz Nutmilk | 8 oz Nutmilk |
| 6 oz Nutmilk | 3 pumps Zero Cal Swt | 8 oz Nutmilk | 10 oz Nutmilk | 2 pumps Zero Cal Swt | 1 pump Agave |
| 2 pumps Agave | 1 TBSP AB | 2 pumps Agave | 3 pumps Agave | 1 TBSP Collagen | 1 scp Ice |
| 1 scp Ice | 4 TBSP Protein | 1 scp Ice | 1 TBSP Protein | 1 Pitaya pc | 2 TBSP PB/AB |
| 3 TBSP PB/AB | 3 Blueberry scps | 2 TBSP Cocoa Powder | 1 Banana scp | 3 Date pcs | 1 TBSP Protein |
| 4 Date pcs | | 1 TBSP Protein | 2 Strawberry scps | 1 Strawberry scp | 4 Date pcs |
| 2 Banana scps | | 1 TBSP PB/AB | | 2 Pineapple scps | 2 Banana scps |
| | | 2 tsp Cacao Nibs | | | |
| | | 4 Date pcs | | | |
| | | 2 Banana scps | | | |
| REGULAR | REGULAR | REGULAR | REGULAR | REGULAR | REGULAR |
| 3 TBSP Straw. Jam on bottom of cup | 8 oz Nutmilk | PB Drizzle around cup | 1 TBSP Straw. Jam on bottom of cup | 12 oz Nutmilk | 10 oz Nutmilk |
| 8 oz Nutmilk | 4 pumps Zero Cal Swt | 10 oz Nutmilk | 14 oz Nutmilk | 3 pumps Zero Cal Swt | 1 pump Agave |
| 3 pumps Agave | 1 TBSP AB | 3 pumps Agave | 5 pumps Agave | 2 TBSP Collagen | 2 scps Ice |
| 2 scps Ice | 6 TBSP Protein | 1.5 scps Ice | 1 TBSP Protein | 2 Pitaya pcs | 3 TBSP PB/AB |
| 4 TBSP PB/AB | 4 Blueberry scps | 3 TBSP Cocoa Powder | 1 Banana scp | 4 Date pcs | 2 TBSP Protein |
| 6 Date pcs | | 1 TBSP PB/AB | 3 Strawberry scps | 2 Strawberry scps | 8 Date pcs |
| 2 Banana scps | | 1 TBSP Protein | | 2 Pineapple scps | 2 Banana scps |
| | | 3 tsp Cacao Nibs | | | |
| | | 6 Date pcs | | | |
| | | 3 Banana scps | | | |
| LARGE | LARGE | LARGE | LARGE | LARGE | LARGE |
| 4 TBSP Straw. Jam on bottom of cup | 12 oz Nutmilk | PB Drizzle around cup | 2 TBSP Straw. Jam on bottom of cup | 16 oz Nutmilk | 16 oz Nutmilk |
| 12 oz Nutmilk | 6 pumps Zero Cal Swt | 12 oz Nutmilk | 16 oz Nutmilk | 4 pumps Zero Cal Swt | 2 pumps Agave |
| 4 pumps Agave | 2 TBSP AB | 4 pumps Agave | 6 pumps Agave | 2 TBSP Collagen | 2 scps Ice |
| 2 scps Ice | 6 TBSP Protein | 2 scps Ice | 2 TBSP Protein | 2 Pitaya pcs | 4 TBSP PB/AB |
| 6 TBSP PB/AB | 6 Blueberry scps | 4 TBSP Cocoa Powder | 2 Banana scps | 6 Date pcs | 2 TBSP Protein |
| 8 Date pcs | | 2 TBSP PB/AB | 4 Strawberry scps | 2 Strawberry scps | 8 Date pcs |
| 3 Banana scps | | 2 TBSP Protein | | 4 Pineapple scps | 3 Banana scps |
| | | 4 tsp Cacao Nibs | | | |
| | | 8 Date pcs | | | |
| | | 4 Banana scps | | | |