nektar 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*(no stem)*	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
2 pumps Agave	2 pumps Agave	8 oz Nutmilk	1/2 HF Spinach	2 pumps Agave	2 pumps Agave
1 Banana scp	1 Pitaya pc	4 pumps Agave	1/2 pc Kale*(no stem)*	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
3 pumps Agave	3 pumps Agave	10 oz Nutmilk	1 HF Spinach	3 pumps Agave	3 pumps Agave
1 Banana scp	2 Pitaya pcs	6 pumps Agave	1 pc Kale *(no stem)*	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
4 pumps Agave	4 pumps Agave	16 oz Nutmilk	1 HF Spinach	4 pumps Agave	4 pumps Agave
2 Banana scps	2 Pitaya pcs	8 pumps Agave	1 pc Kale *(no stem)*	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.*
P.B | A.B | plum/brown	Proteins & Boosts | 1 TBSP
Acai | black	Cocoa Powder | 1 TBSP
Strawberry | ivory	Yogurt | 1 scp *"bottom of cup"*
Pineapple | ivory	Coco Whip | 1 scp *"bottom of cup"*
Blueberry | ivory	Drizzles | 5-7 zig zags
Bananas | ivory	Coconut Flakes | 2 tsp
Mango | ivory	Cacao Nibs | 2 tsp
Raspberry | ivory	Chia Seeds | 2 tsp
Ice | teal	Strawberry Jam | 2 TBSP *"bottom of cup"*
	Greenie Up | 1/2 HF Spin. 1 pc Kale
	Dates | 6 pcs

Job Aid Abbreviations

PB/AB = Peanut ButterAlmond Butter		TBSP = tablespoon
pc(s) = piece	Coco. = coconut	scp(s) = scoops
tsp = teaspoon	oz = ounces	HF = handful

Recipe Reminders

- Yellow Highlight = Action that needs to be added to the cup before pouring in smoothie mix.
- Sweetener Subs = 1:1 ratio. *Example: 1 pump of Agave is equal to 1 pump zero calorie sweetener.*
- $Greenie Up = Always use one less ounce of liquid to avoid loose consistency of smoothie mix.
- $Yogurt & Coco Whip = Always add scoop to the bottom of cup and smear around the sides before pouring in smoothie mix.
- $Drizzles = Always drizzle around the inner sides of the cup before pouring in smoothie mix.
- $Strawberry Jam = Always add to the bottom of the cup before pouring in smoothie mix.
- 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.

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SUPERCHARGED 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	**SMALL**	**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
8 oz Nutmilk	3 pumps Zero Cal Swt	8 oz Nutmilk	10 oz Nutmilk	2 pumps Zero Cal Swt	2 pumps 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
10 oz Nutmilk	4 pumps Zero Cal Swt	10 oz Nutmilk	14 oz Nutmilk	3 pumps Zero Cal Swt	3 pumps 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	6 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	4 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			