

21 Smoothie combos

YOU CHOOSE THE AMOUNTS, FROZEN, FRESH, ETC. PUT IT TOGETHER AND BLEND!

- RASPBERRY | BLUEBERRY | STRAWBERRY | SPINACH
- COFFEE | BANANA | PROTEIN POWDER | YOGURT
- PUMPKIN | ALMOND MILK | CINNAMON | PROTEIN POWDER
- SPINACH | AVOCADO | BANANA | HONEY
- UNCOOKED OATMEAL | YOGURT | APPLE | NUTMEG
- CANTALOUPE | KALE | ALMOND MILK | CHIA SEED
- SWISS CHARD | COCONUT MILK | MANGO | CHOPPED DATES
- PINEAPPLE | SPINACH | YOGURT | SESAME SEEDS
- PEACHES | RASPBERRY | STRAWBERRY | ALMOND MILK
- KIWI | COCONUT CHUNKS | PINEAPPLE | PROTEIN POWDER
- BANANA | HONEY | PEANUT BUTTER | YOGURT
- CHERRIES | COCONUT MILK | VANILLA EXTRACT | OATMEAL
- WATERMELON | MANGO | YOGURT | CHIA SEED
- ORANGES | KALE | COCONUT WATER
- CUCUMBER | SPINACH | PINEAPPLE | YOGURT
- PEACHES | RASPBERRIES | YOGURT | VANILLA EXTRACT
- PEANUT BUTTER | OATMEAL | ALMOND MILK | STRAWBERRY
- CANTALOUPE | SPINACH | MINT | CUCUMBER
- BANANA | CHERRIES | YOGURT | CHIA SEEDS
- YOGURT | APPLE | ALMOND MILK | HONEY | CINNAMON