

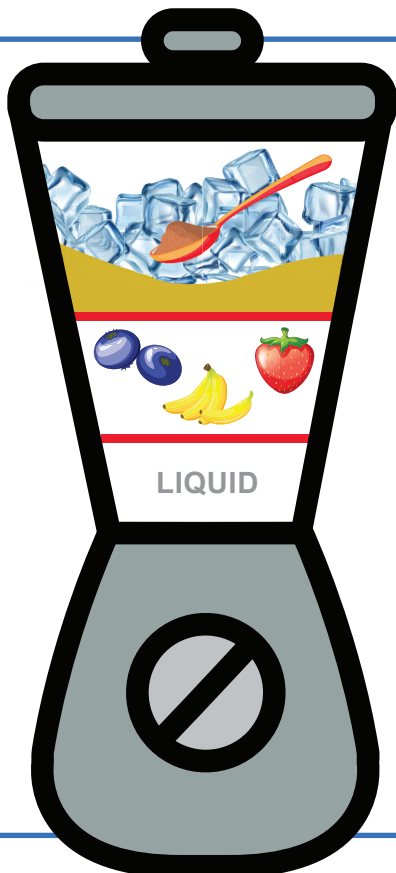
SMOOTHIE SUCCESS!



IT'S EASY!

Smoothies are best for people gaining or maintaining weight, physically active, or with chewing challenges. Blending makes digestion and absorption easier, and this base makes it easy for even light-duty blenders to handle ice and other tough ingredients.

HOW TO MAKE A SMOOTHIE



- 1 Cup yogurt, milk, juice, and/or kefir. For best blending, put liquid and easily pureed ingredients in first, at the bottom of the blender container.
- 2 Add 2 cups of fresh fruit
- 3 Add Nuts/seeds: peanut butter, chia seeds
- 4 Add spices: cinnamon, ginger, cocoa
- 5 Add 1 cup of ice or frozen fruit

Taste and adjust ingredients as needed.
Makes 4 cups.

