



CHARACTER-INSPIRED SMOOTHIES



BERRY BLUE

INGREDIENTS

- 2 tsp Blue Spirulina
- 1 Medium to Large Banana, cut in slices
- ¼ Cup Frozen Blueberries
- ¼ Cup Frozen Strawberries
- ½ Cup of Vanilla Greek Yogurt
- ¾ Cup or 1 Cup of Unsweetened Vanilla Almond Milk (or other dairy or non-dairy milk)

DIRECTIONS

- In a blender, add milk (for a thinner smoothie use 1 cup), fruit, yogurt, and bluespirulina.
- Blend until smooth.
- Garnish cup with slices of bananas.

KIWI KIDS

INGREDIENTS

- 1 Cup Frozen or Fresh Strawberries
- ½ Cup Frozen or Fresh Raspberries
- ½ Cup Frozen or Fresh Blueberries
- 2 Kiwi peeled and slice
- 1 Cup of Pineapple Juice
- ½ Cup of Vanilla Greek Yogurt

DIRECTIONS

- In a blender, add milk (for a thinner smoothie use 1 cup), fruit, yogurt, and bluespirulina.
- Blend until smooth.
- Garnish cup with slices of bananas.

Available now on DVD!