

SMOOTHIE ADVENTURE



LIQUID

CHOOSE 1
OR A MIX



MILK
KEFIR
COLD BREW
ICED COFFEE



PROTEIN

CHOOSE 1



YOGURT
COTTAGE CHEESE
RICOTTA CHEESE
WHEY PROTEIN
LIQUID EGG WHITES
(STORE-BOUGHT LIQUID EGG WHITES ARE PASTEURIZED AND SAFE FOR CONSUMPTION AT RAW AND UNDERCOOKED TEMPERATURES)
NUT OR SEED BUTTER
NUTS
(ALMONDS, WALNUTS, CASHEWS)



FRUIT MIX-IN

MAX
1 CUP



APPLES
AVOCADO
BANANA
BERRIES
(BLUEBERRIES, STRAWBERRIES, RASPBERRIES)
CHERRIES
PEACH
PINEAPPLE
MANGO
KIWI
POMEGRANATE SEEDS



VEGGIE MIX-IN

CHOOSE
1-2



SPINACH
KALE
PUMPKIN PUREE
COOKED SWEET POTATO
COOKED BUTTERNUT SQUASH
BEETS
CUCUMBER
CELERY



EXTRA MIX-IN

UNLIMITED



SEEDS
(FLAX, HEMP, CHIA, PEPITA, SUNFLOWER)
SHREDDED COCONUT
CACAO POWDER
CACAO NIBS
GROUND CINNAMON
GROUND NUTMEG
MATCHA POWDER
TURMERIC
GINGER
VANILLA EXTRACT
HONEY
MAPLE SYRUP
DRIED DATES OR FIGS

