



## *The Nutrition Twins*



# 50 SCRUMPTIOUS SHAPE-UP SMOOTHIE RECIPES



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# INTRODUCTION

Brothers-All-Natural teamed up with the Nutrition Twins, Lyssie Lakatos and Tammy Lakatos Shames, for a Scrumptious Shape-up Smoothie Contest. Together, we kicked off Spring with a mission to find the healthiest, most nutrition-packed, energizing, scrumptious, get-your-butt-moving smoothie in America! They called out to the Vita-mixing masters, Nutri-blasting goddesses, smoothie-blending divas, and nutritious beverage ninjas to share their smoothie recipes for a chance to win some great prizes. All of these recipes have been compiled into this FREE ebook! So we hope you enjoy these delicious recipes that will keep you going all year round!



# 10 SUPER SMOOTHIE INGREDIENTS

## FROM THE NUTRITION TWINS

The Nutrition Twins compiled a list of 10 Super Smoothie Ingredients that help your smoothie pack the healthiest punch. 5 bonus points were awarded to anyone who used one or more ingredients from this list. Additionally, 5 bonus points were awarded to recipes using Brothers-All-Natural products.

### **CHIA SEEDS**

Rich in Omega-3s and keep you feeling full longer

### **FLAX SEEDS**

Loaded with fiber and Omega-3s

### **LOW FAT OR NON FAT YOGURT:**

Good source of protein and calcium

### **KALE**

Low in calories, high in fiber and iron, assists the liver in detoxification

### **SPINACH**

Loaded with vitamins, minerals, potassium and water to help restore normal fluid balance and beat the bloat; high in fiber and good source of iron

### **CUCUMBERS**

Good source of vitamin C and B, re-hydrates body, and replenishes daily vitamins

### **GREEN TEA**

Rich in antioxidants

### **BERRIES**

(Blueberries, blackberries, raspberries) packed with fiber, anti-inflammatories and C3G, a powerful antioxidant that increases the body's fat-burning

### **BEETS**

Energy boost and increased stamina; important in both phases of the body's detoxification systems

### **CACAO NIBS**

Contain antioxidants; chocolate flavor helps reduce sugar cravings

♥ = Super Smoothie Ingredient or Brothers-All-Natural Product

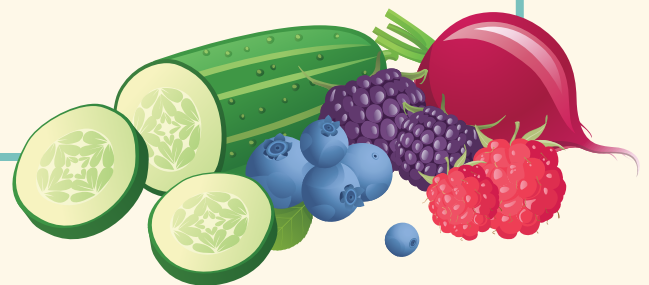


# SMOOTHIE MAKING TIPS

You don't have to be a Vita-mixing master to make a great smoothie! Any smoothie recipe can be altered to fit your own taste and needs, but you may not know where to begin. We have compiled some smoothie making tips to help you out:

- When a recipe calls for frozen banana, prepare some the night before. Slice the desired amount and lay flat in a zip-lock bag. Freeze overnight and they'll be ready to jump in your smoothie in the morning.
  - Use very, very ripe bananas for a sweeter smoothie. This can be done ahead of time by letting some bananas ripen almost past the point of wanting to eat them. Then peel, cut into chunks and freeze.
- If you don't have all the ingredients listed in a recipe, don't worry!
  - One pointer to keep in mind is to add something frozen, such as ice cubes, frozen bananas, frozen strawberries, or any frozen fruit. They tend to make smoothies thicker and more satisfying. Think having ice cream versus drinking juice.
  - Make sure there is some sort of protein, like yogurt or protein powder, to sustain the energy boost and provide longer-lasting satisfaction.
- For a refreshing twist, make coconut water ice cubes to replace regular ice cubes in any recipe. It is low in calories, fat free, and cholesterol free. Coconut water is also full of potassium and super hydrating. A great addition to an after-workout smoothie.
- Freeze a portion of the almond milk, juice, or yogurt in a recipe to achieve a better smoothie texture. Fill an ice cube tray and freeze overnight.

REFERENCES:  
SeriousEats.com  
NutritionTwins.com



# SMOOTHIE MAKING TIPS

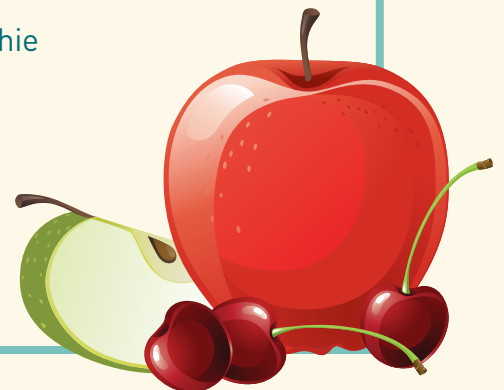
## FROM THE NUTRITION TWINS & BROTHERS-ALL-NATURAL

**KEEP IT HEALTHY!** Smoothies can be an easy, convenient way to add essential nutrients to your diet. But remember, just because it's a smoothie doesn't mean it's healthy. Make sure you use only healthy, nutrient-rich ingredients:

- Avoid adding heavy items with artery clogging components like cream, ice cream or whole milk.
- Avoid using sugar-sweetened fruit juice and limit other sweeteners, including honey and agave, to a teaspoon.
- Although nut butters are healthy, keep portions in check because their calories can add up quickly.
- Give your smoothie a nutritional boost with a long-lasting energy advantage; include some fruit, some vegetables and a source of protein (such as nonfat/low-fat yogurt, skim milk, split pea protein, etc.)

Benefits of using Brothers-All-Natural Fruit Crisps in your smoothie:

- Each pouch adds two servings of fruit without adding to the volume.
- Every bag has only all natural, 100% fruit.
- Concentrated flavor and sweetness that is low in calories.
- They are dry, which means it won't water down your smoothie and will actually help make your smoothie thicker.
- Easy to store! They have a shelf life of up to 2 years, unlike fresh fruit that can spoil within days.
- They are healthy and allergy friendly; gluten free, soy free, non GMO, peanut/tree nut free, vegan, and Kosher.



# WINNER'S CIRCLE

Want to know what a winning smoothie recipe tastes like? The following recipes landed a spot in the winner's circle for the Scrumptious Shape-up Smoothie contest.

## CONGRATULATIONS WINNERS!

### GRAND PRIZE WINNER:

*Courtney Dey, CO*

She landed first place in our contest with her Sparkling Strawberry Vegetable & Fruit Smoothie and received the grand prize!

(A copy of Veggie Cure by the Nutrition Twins, a Fitbit Flex, and a \$100 Brothers-All-Natural gift certificate)

### SECOND PLACE WINNERS:

(A copy of Veggie Cure by the Nutrition Twins and a \$50 Brothers-All-Natural gift certificate)

Katherine C, WA

Lauren M, FL

Megan R, MD

### THIRD PLACE WINNERS:

(A copy of Veggie Cure by the Nutrition Twins and a 24-Pack Variety of Brothers-All-Natural Fruit Crisps)

Kyra G, WA

Tricia T, NY

Jennifer C, MI

Jessica B, NY

Suzanne T, IA

Payton L, VT

Melissa F, FL

Lauren D, TN

Dana V, PA

Alicia S, MT



# THE SPARKLING STRAWBERRY VEGETABLE & FRUIT SMOOTHIE

*Grand Prize Winner!*

If you enjoy this recipe, check out Courtney's fashion, fitness, and health blog! She has 23 Juicing and Blending recipes for you to try, including a slightly adapted version of this recipe.

**SUBMITTED BY:** *Courtney Dey, CO*



## INGREDIENTS

- ½ red bell pepper
- 1 cup strawberries, frozen or fresh (if using fresh, add a handful of ice cubes)
- ♥ ½ cup cranberries, fresh or frozen
- ♥ 1 small or ½ large beet, with red beet stems
- 1 stalk red Swiss chard
- ♥ ¼ cup spinach
- strawberry-kiwi sparkling water (or your choice of regular or flavored seltzer water)

**STEP 1:** Place all ingredients in high-speed blender. You will have to add some seltzer water to get the juice to blend, but it will turn flat after being blended.

**STEP 2:** When ready to serve, pour juice into a glass and top with additional ½ cup of seltzer water.



# POPEYE POWER SMOOTHIE

*Second Place Winner!*

SUBMITTED BY: *Katherine Cheney, WA*

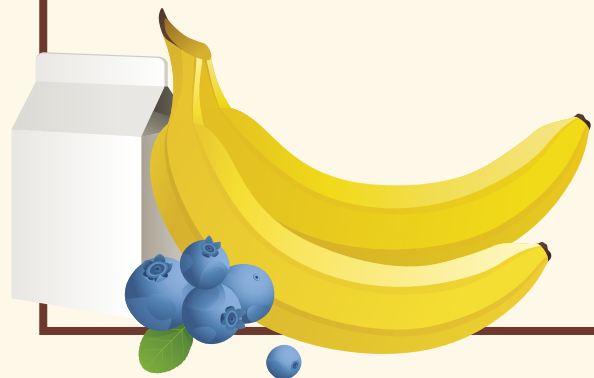


## INGREDIENTS

- ½ banana, frozen
- ♥ 1 cup blueberries, frozen
- ♥ 1 cup fresh spinach
- 2 tsp cocoa powder
- ⅛ tsp powdered stevia
- ♥ 1 Tbsp chia seeds
- 1 cup unsweetened almond milk

**STEP 1:** Mix all ingredients in blender until smooth. Adjust the amount of almond milk to suit your desired thickness.

**STEP 2:** Serve immediately or store refrigerated.





# ST. PADDY'S PROTEIN SMOOTHIE

*Second Place Winner!*

“All you need is a blender or my favorite—a Magic Bullet! I seriously use this for everything. You can even buy whole flax seeds which are usually cheaper per ounce and grind them yourself!”

**SUBMITTED BY:** *Lauren Margolin, FL*

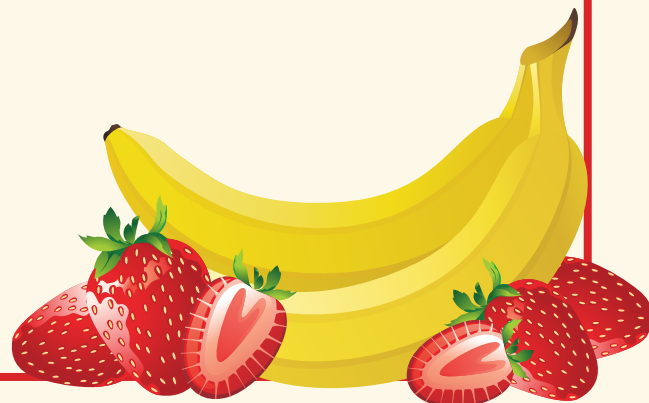


## INGREDIENTS

- ♥ 1 cup fresh spinach
- ½ medium frozen banana, chopped
- 4 whole strawberries, fresh or frozen
- ♥ 1 tsp black chia seeds
- ♥ 1 tsp ground flax seed meal
- 1 cup almond milk, unsweetened (substitute with regular milk, coconut water, or juice)

**STEP 1:** Place all ingredients in blender. Pulse until combined, then blend on medium speed until the seeds are blended.

**STEP 2:** Serve immediately or store refrigerated.





# BLENDED ORANGE GOODNESS

*Second Place Winner!*

It's blended, it's orange, and it's oh so good!  
This recipe calls for *Brothers-All-Natural*  
Strawberry-Banana fruit crisps.

**SUBMITTED BY:** *Megan R* MD



## INGREDIENTS

- $\frac{3}{4}$  cup orange juice
- $\frac{1}{2}$  cup yogurt
- ♥ 1 bag ( $\frac{1}{2}$  cup) *Brothers-All-Natural* Strawberry-Banana Fruit Crisps
- ♥ 1 Tbsp flax seed
- ice

**STEP 1:** Place all ingredients in blender. Blend until smooth.

**STEP 2:** Serve immediately or store refrigerated.



# JESSICA'S BEST BREAKFAST SMOOTHIE

*Third Place Winner!*

Jessica Best says she has the *best* breakfast smoothie in town! It's healthy *and* chocolatey! Try it out and see for yourself.

**SUBMITTED BY:** *Jessica Best*, NY



## INGREDIENTS

- ♥ 1 tsp flax seeds, ground
- 1 cup chocolate almond milk
- 1 banana
- ½ avocado
- 2 Tbsp peanut or almond butter
- 1 tsp raw honey

**STEP 1:** Mix all ingredients in blender until smooth. Adjust the amount of almond milk to suit your desired thickness.

**STEP 2:** Serve immediately or store refrigerated.

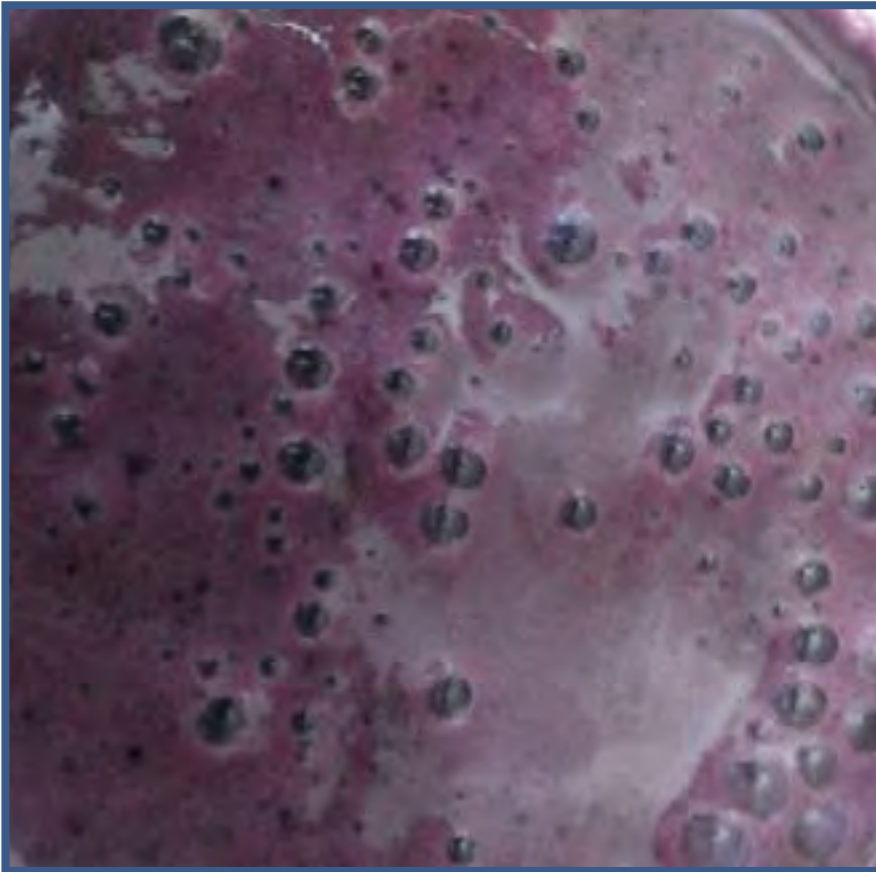


# BERRY THAT KALE SMOOTHIE

*Third Place Winner!*

Want all the health benefits of kale without the taste? *Berry that* kale with some blueberries! The non-fat Greek yogurt makes it creamy and is protein packed to help you stay full.

**SUBMITTED BY:** *Kyra Gorski, WA*



## INGREDIENTS

- ♥  $\frac{2}{3}$  cup blueberries, frozen
- ♥ 1 cup kale, shredded
- $\frac{1}{2}$  cup pineapple or papaya
- ♥  $\frac{1}{4}$  cup vanilla non-fat Greek yogurt
- ♥ 1 Tbsp flax seed oil

**STEP 1:** Place all ingredients in blender. Blend until combined.

**STEP 2:** Add filtered water or pineapple juice to thin it out to a consistency that you like!





# GREEN MONSTER

## FRUIT & OAT SMOOTHIE

*Third Place Winner!*

A totally new way to eat *Brothers-All-Natural* Fruit & Oats! All it takes is a few extra ingredients to turn this already delicious breakfast into a tasty anytime smoothie!

**SUBMITTED BY:** *Suzanne Talley, IA*



### INGREDIENTS

- 1 banana, sliced and frozen
- 1 Tbsp peanut butter
- ½ cup vanilla Greek yogurt
- 1 cup milk or unsweetened vanilla almond milk
- ♥ 4 cups baby spinach, to taste
- ♥ 1 container *Brothers-All-Natural* Fruit & Oats (Mixed Fruit or Strawberry Banana)
- 1 cup of ice

**STEP 1:** Place all ingredients in blender and blend until smooth.

**STEP 2:** Serve immediately or store refrigerated.

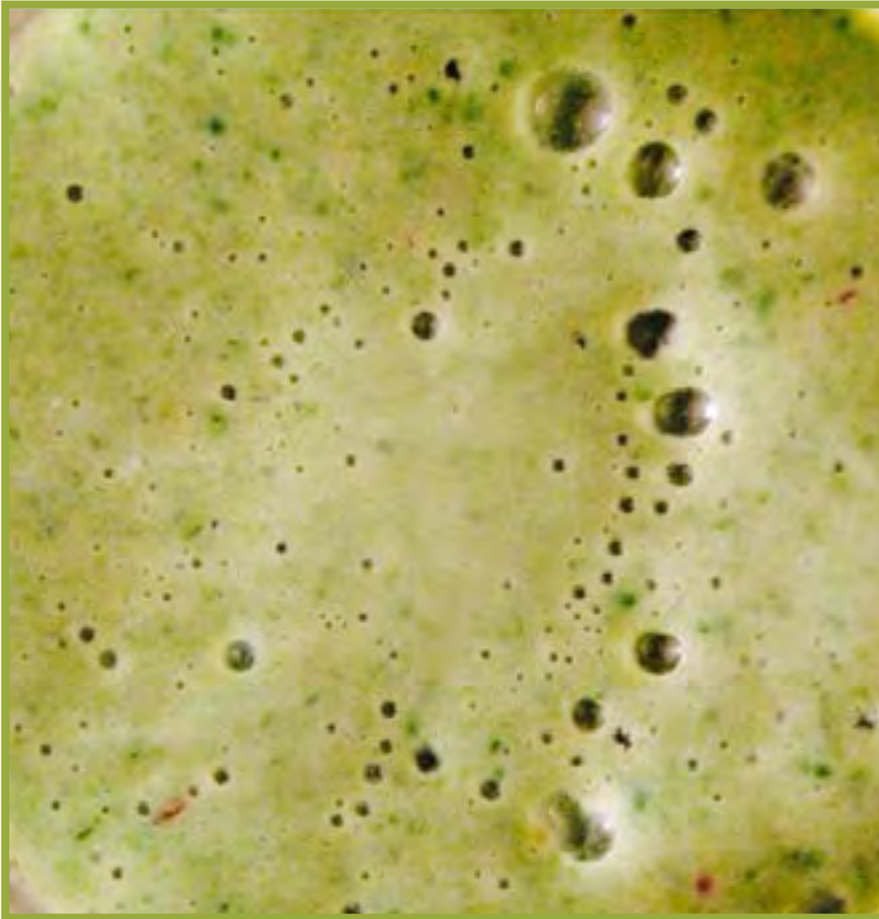


# MORNING GREEN SMOOTHIE

*Third Place Winner!*

Is there a better way to start your day than with a deliciously healthy smoothie? We can't think of one! Have a Happy Green Morning!

**SUBMITTED BY:** *Jennifer Cui, MI*



## INGREDIENTS

- ♥ 2 cups fresh spinach
- juice of ¼ fresh lemon
- 1 banana
- ¼ cup green or white grapes
- ♥ ¼ cup nonfat plain Greek yogurt
- ½ cup ice
- ½ cup water

**STEP 1:** Place all ingredients in blender. Pulse until combined, then blend on medium speed until the seeds are blended.

**STEP 2:** Serve immediately or store refrigerated.



# POWER FRESH SMOOTHIE

*Third Place Winner!*

Visit Dana's YouTube channel: *In The Kitchen with Dana* for more recipes and great tips and tricks. Or check out her blog: [PittsburghFrugalMom.com](http://PittsburghFrugalMom.com)

This recipe calls for *Brothers-All-Natural* Mango Fruit Crisps.

**SUBMITTED BY:** *Dana Vento, PA*

## INGREDIENTS

- 8 fresh strawberries
- 8 oz orange juice
- ♥ 1 bag (½ cup) *Brothers-All-Natural* Mango Fruit Crisps
- Eat Green Tea
- ice

**STEP 1:** Blend all ingredients for approximately one minute or until smooth.

**STEP 2:** Serve immediately or store refrigerated.





# VERY MERRY BERRY SMOOTHIE

*Third Place Winner!*

**SUBMITTED BY:** *Tricia Tait, NY*



## INGREDIENTS

- ½ cup strawberries, frozen
- ½ cup cherries, frozen
- ½ cup light soy milk
- ½ cup fresh squeezed orange juice
- ♥ ¼ cup non-fat plain Greek yogurt
- ♥ 1 tsp fresh ground flax seed
- ½ scoop (12g) 100% whey protein powder, optional

**STEP 1:** Place all ingredients in blender and whirl until smooth.

**STEP 2:** Pour into a tall glass and have a very merry berry day!  
Store refrigerated.



# BERRY BLAST SMOOTHIE

*Third Place Winner!*

Have a blast with this berry-licious smoothie! This recipe calls for *Brothers-All-Natural* Mixed Berry Fruit Crisps.

**SUBMITTED BY:** *Payton L., VT*



## INGREDIENTS

- ♥ ½ cup mixed berries, frozen
- ♥ 1 bag (½ cup) *Brothers-All-Natural* Mixed Berry Fruit Crisps
- ¼ cup orange juice

**STEP 1:** Place all ingredients in blender. Blend until smooth. Add more juice if needed.

**STEP 2:** Serve immediately or store refrigerated.



# SUPER SIMPLE BANANA SMOOTHIE

*Third Place Winner!*

“Tastes like a much lighter banana daiquiri or piña colada. So easy to keep these ingredients on hand and this blends up super quick. No excuses.”

**SUBMITTED BY:** *Melisa Feustel, FL*

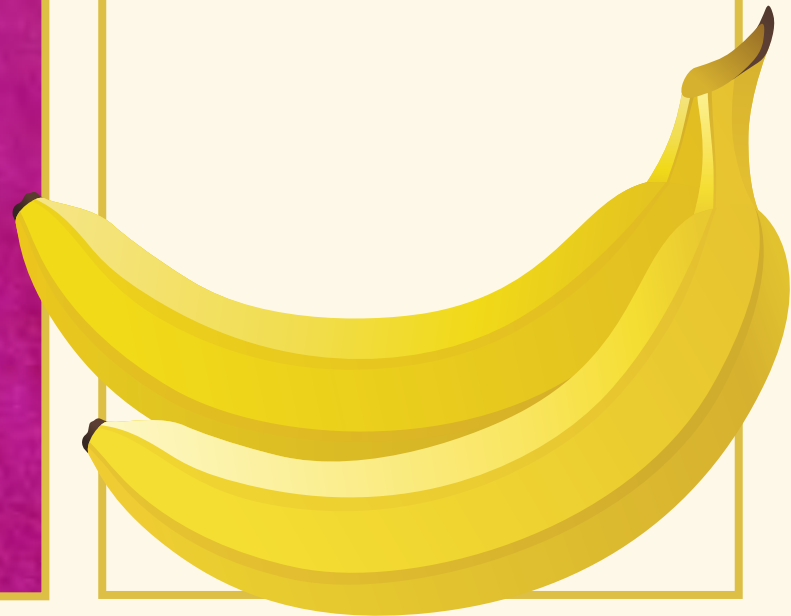


## INGREDIENTS

- 1 banana, frozen
- ½ cup almond milk or low fat milk
- 5 ice cubes
- 2 tsp agave syrup
- 1 scoop vanilla protein powder

**STEP 1:** Place all ingredients in blender. Pulse until combined.

**STEP 2:** Serve immediately or store refrigerated.



# BANANA SPLIT SMOOTHIE

*Third Place Winner!*

This smoothie makes a delicious breakfast or snack throughout the day, but add some whipped cream and chocolate sauce on top and you've got a dessert that doesn't have to wait for a cheat day! This recipe calls for *Brothers-All-Natural* Pineapple Fruit Crisps and Strawberry Fruit Crisps.

**SUBMITTED BY:** *Lauren D, TN*



## INGREDIENTS

- 1 medium, ripe banana, frozen
- ♥ 1 bag (½ cup) *Brothers-All-Natural* Pineapple Fruit Crisps
- ♥ 1 bag (½ cup) *Brothers-All-Natural* Strawberry Fruit Crisps
- 8 oz vanilla almond milk, unsweetened
- 3 ice cubes
- whipped cream, for garnish
- chocolate syrup, for garnish

**STEP 1:** Blend all ingredients for approximately one minute or until smooth. Pour into a glass and garnish with whipped cream and chocolate syrup. Enjoy!





# CREAMY GREENY SMOOTHIE

*Third Place Winner!*

Creamy avocado paired with sweet kiwi and tart lime make a perfect trio in this tropical thirst-quencher!

**SUBMITTED BY:** *Alicia S*, MT

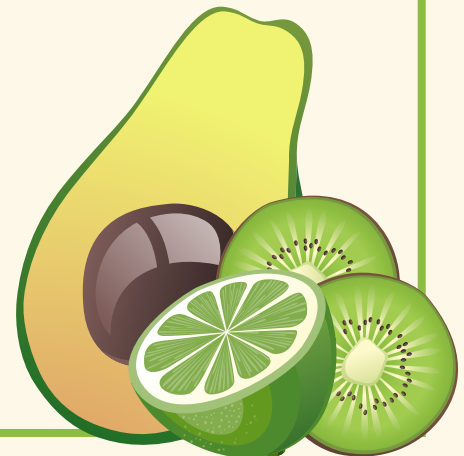


## INGREDIENTS

- ½ avocado
- 2 kiwis, peeled and sliced
- juice of lime wedge
- 2 tsp plant based protein powder
- ice

**STEP 1:** Blend all ingredients for approximately one minute or until smooth.

**STEP 2:** Serve immediately or store refrigerated.



# THE NUTRITION TWINS

## SMOOTHIE RECIPES

The Nutrition Twins are twin sisters who are nationally recognized registered dietitian nutritionists and personal trainers—with 15 years of experience helping thousands of clients to boost their energy naturally, get healthier, be happier and reach tip-top shape. Through their books, media appearances, nutrition counseling, lectures and blogs, they've built an innovative and inspiring brand that empowers people to take charge of their health and create changes that last a good, long lifetime.

Perhaps you've spotted the twins on television. They're featured regularly as the nutrition experts. Plus the dynamic duo have also been featured in numerous articles and videos on the Yahoo! home page!

The twins are renowned for their approachable, common sense style and uncommon recipes. They make getting healthy feel easy, fun and tempting. Their unique ability for educating and inspiring in a playful manner garnered them three book deals – sharing their revolutionary nutrition tools:

When the twins are not trying to energize the world, they volunteer their nutrition expertise at the Gladney Foundation, an organization working to improve the lives of children, adoptive families and women planning adoption and chase around Tammy's twin daughters.

Basically, for the twins, nutrition isn't just a job – it's a true heart-felt calling. They love what they do—and their passion is palpable to all who meet them. The twins are on a dedicated mission to help make our world a healthier and happier place—one person at a time.



# PB & BLUEBERRY

## NUTRITION TWINS SMOOTHIE

“As kids one of our favorite meals was peanut butter and jelly—and our mom could hardly get us to eat anything else! After all what kid (and grown kid, for that matter!) doesn’t love a delicious PB&J sandy? Breakfast, noon, or night, it makes a healthy meal.”

**SUBMITTED BY:** *The Nutrition Twins*



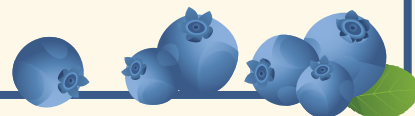
### INGREDIENTS

- ♥ 1 cup blueberries, frozen
- ♥ 6 oz nonfat vanilla Greek yogurt
- 2 tsp peanut butter

**STEP 1:** Place all ingredients in blender. Blend until combined. If you would like this smoothie slightly sweeter, add an extra tsp of honey or some stevia.

**STEP 2:** Serve immediately or store refrigerated. Enjoy!

**NOTE:** The blueberries in this smoothie are antioxidant powerhouses and the yogurt provides protein to keep you feeling full and energized. The blueberries also act as an anti-inflammatory and their fiber helps keep you satisfied! This scrumptious smoothie is hydrating and a great source of potassium which helps to restore fluid balance and prevent muscle cramps while aiding in muscle contraction. You also get a dose of Vitamin C, and a carb and protein combo to help repair muscles and tissues. They also aid in recovery after exercise and give you an energy boost.



# COCOA BANANA-BURST

## NUTRITION TWINS SMOOTHIE

“Need a new quick and easy breakfast idea that’s easy to make and that’ll start your morning with a boost of energy? Try this recipe and voila, you’ll start your morning with a bang!”

**SUBMITTED BY:** *The Nutrition Twins*



### INGREDIENTS

- 1 banana, frozen
- ½ cup silken tofu
- ½ cup vanilla almond milk, unsweetened
- 2 Tbsp unsweetened cocoa powder
- 1 tsp stevia  
(substitute with 2 tsp honey or sugar)

**STEP 1:** Blend tofu and almond milk. Once blended add cocoa, stevia, and banana and blend until smooth.

**STEP 2:** Serve immediately or store refrigerated.

**NOTE:** Bananas provide quality carbohydrates that give you quick energy and boosts your immune system and is filled with nutrients such as Vitamin C, Folate, B12, and Copper.



# CHAI-BERRY

## NUTRITION TWINS SMOOTHIE

“Here’s a smoothie recipe that we absolutely love, a chai-berry smoothie. And with coconut all the rage, it adds the perfect boost—both from its water and shredded! This is just like a dessert (although it’s not baked)—and it’s still low in calories, delicious, and very energizing!”

**SUBMITTED BY:** *The Nutrition Twins*



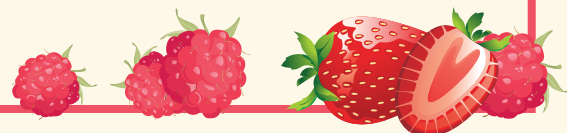
### INGREDIENTS

- 1½ cups vanilla chai tea, chilled (look for one with no added sugar and about 80 calories per cup)
- 1 cup coconut water ice cubes
- ½ cup banana, frozen
- ½ cup fresh banana
- ½ cup strawberries, frozen
- ♥ 6 fresh raspberries
- 2 Tbsp shredded coconut, unsweetened

**STEP 1:** Blend all ingredients (except coconut shreds) in a blender until smooth. Add coconut as garnish.

**NOTE:** If you prefer a sweeter smoothie, add a teaspoon of your favorite sweetener (1 tsp sugar will add 15 calories).

**STEP 2:** Serve immediately or store refrigerated. Enjoy!



# GINGER-NANA PINEAPPLE

## NUTRITION TWINS SMOOTHIE

“Who doesn’t love a yummy, cool and refreshing smoothie as a light meal or snack? This one is great before or after a workout and it’s a great energy booster! We love it in the morning too—ginger acts as an anti-inflammatory and settles the stomach—an awesome way to start those hectic mornings! Plus it’s light and refreshing so it’s great for the waistline. Also, the low calorie count will keep you slim *and* satisfied.”

**SUBMITTED BY:** *The Nutrition Twins*



### INGREDIENTS

- 1 banana
- 6 oz nonfat vanilla Greek yogurt
- ¼ cup pineapple tidbits, frozen
- ½ tsp ginger, freshly grated
- 4 ice cubes

**STEP 1:** Place all ingredients in blender and mix until smooth.

**NOTE:** We actually just add a chunk of ginger, about ½ inch thick, without grating it first, which makes this very easy. However, if you don’t know if you’re a fan of ginger, start with the recommended grated amount.

**NOTE:** If you’d like this smoothie to be slightly sweeter, add a few extra tablespoons of frozen pineapple or a teaspoon of honey or some stevia. We also adore ginger so we add extra, the calories are negligible.

**STEP 2:** Serve immediately or store refrigerated. Enjoy!



# BANANA KIWI WEIGHT LOSS

## NUTRITION TWINS SMOOTHIE

“If you’re looking for a healthy snack that is satisfying, scrumptious and feels like an absolute splurge, then look no further than this weight loss smoothie! It’s got 7 grams of protein to fight hunger yet only 90 delicious calories!”

**SUBMITTED BY:** *The Nutrition Twins*



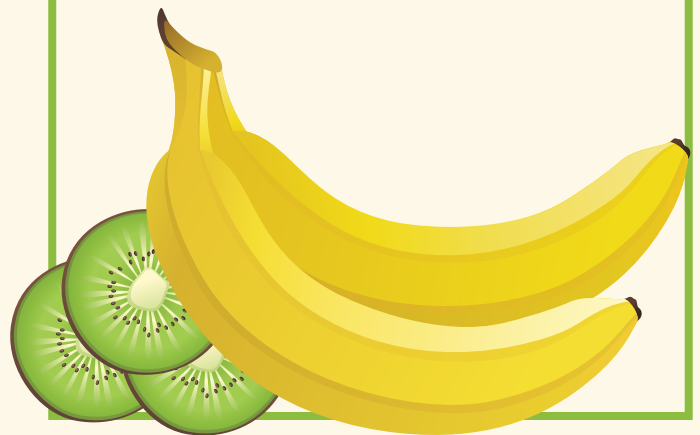
### INGREDIENTS

- 2 kiwi, peeled and chopped
- 1 banana, peeled and sliced
- 1 cup almond milk
- ♥ 1 cup vanilla nonfat Greek yogurt

**STEP 1:** Place kiwi, banana, almond milk, and yogurt in a blender.

**STEP 2:** Blend until smooth or desired thickness.

**STEP 3:** Serve immediately and enjoy or store refrigerated.





# BROTHERS-ALL-NATURAL

## SMOOTHIE RECIPES

Brothers-All-Natural is the leading brand of 100% natural freeze-dried fruit snacks. The company was created when two brothers, Matt and Travis Betters, capitalized on the U.S. trend of freeze-dried fruit in cereals and coupled that with consumers' snacking concerns like portion size, calorie count, and desire for healthy choices, to create their own line of freeze-dried fruit snacks that would revolutionize the snack market. Currently, Brothers-All-Natural products consist of Fruit Crisps, Fruit Clusters, Fruit & Oats, and Harvester Farms.

**FRUIT CRISPS:** Unlike other dried fruits, Brothers-All-Natural Fruit Crisps retain all of the nutrients of the fresh fruit. They are 100% fruit and nothing else; NO additives, NO preservatives, NO added sugar. They are available in Disney packaging as well!

**FRUIT CLUSTERS:** Crunchy, bite-sized pieces of freeze-dried fruit rolled into the perfect, healthy, on-the-go snack! Fruit Clusters™ fruit snacks are made with the best quality of fruit from around the world that has been picked at the peak of ripeness, cut into pieces, freeze-dried, and rolled into a fun, bite-sized "cluster."

**FRUIT & OATS:** A convenient, 100% natural, ready-to-eat hot breakfast cereal. They are made with Brothers-All-Natural freeze-dried Fruit Crisps and whole grain Australian oats; 50% fruit and 50% oats. Everything is included in the package, even the spoon!

**HARVESTER FARMS:** Harvester Farms freeze-dried food is available in eight varieties of fruit and vegetables and packaged in large, #10 size cans. Designed for easy storage and longevity, having a shelf-life of 25 years, Harvester Farms freeze-dried food is an ideal food source for emergency preparedness or long term food supply. An opened can of Harvester Farms will last up to 18 months, making it a convenient food staple.

**ALLERGY FRIENDLY!** All Brothers-All-Natural products are gluten free, soy free, Kosher certified, non GMO, vegan-approved, and allergy-friendly; they contain no peanuts or tree nuts of any kind.





# BLUE CHERRY LIME FRUIT CLUSTERS SMOOTHIE

This recipe calls for *Brothers-All-Natural* Blueberry & Fuji Apple Fruit Clusters. They are available for purchase on [BrothersAllNatural.com](http://BrothersAllNatural.com) or look for them in your local grocery store.

**SUBMITTED BY:** *Brothers-All-Natural*



## INGREDIENTS

- ♥ ½ cup cherries, frozen
- ♥ ¼ cup *Brothers-All-Natural* Blueberry & Fuji Apple Fruit Clusters™
- ♥ ½ cup spinach
- ♥ ⅛" slice of beet
- ♥ 1 tsp chia seeds
- 1 cup almond milk
- squeeze of lime
- ice

**STEP 1:** Place all ingredients in blender. Blend until combined.

**STEP 2:** Serve immediately. Enjoy!



# RASPBERRY APPLE POMEGRANATE FRUIT CLUSTERS SMOOTHIE

This recipe calls for *Brothers-All-Natural* Raspberry & Fuji Apple Fruit Clusters. They are available for purchase on [BrothersAllNatural.com](http://BrothersAllNatural.com) or look for them in your local grocery store.

**SUBMITTED BY:** *Brothers-All-Natural*



## INGREDIENTS

- 1/8 cup pomegranate seeds
- ♥ 1/2 cup *Brothers-All-Natural* Raspberry & Fuji Apple Fruit Clusters™
- ♥ 1/2 cup raspberries, frozen
- ♥ 1/2 cup spinach
- 1 cup almond milk, unsweetened
- 1 Tbsp protein powder

**STEP 1:** Place all ingredients in blender. Blend until combined.

**STEP 2:** Serve immediately or store refrigerated. Enjoy!



# ORANGE MANGO FRUIT CRISPS SMOOTHIE

This recipe calls for *Brothers-All-Natural* Mandarin Orange Fruit Crisps. They are available for purchase on [BrothersAllNatural.com](http://BrothersAllNatural.com) or look for them in your local grocery store.

**SUBMITTED BY:** *Brothers-All-Natural*



## INGREDIENTS

- ♥ 1 bag (½ cup) *Brothers-All-Natural* Mandarin Orange Fruit Crisps
- ½ cup mango, frozen
- 1 scoop protein powder
- ½ cup orange juice

**STEP 1:** Place all ingredients in blender. Blend until smooth.

**STEP 2:** Serve immediately or store refrigerated.





# STRAWBERRY HONEYDEW COOLER

## FRUIT CRISPS SMOOTHIE

This recipe calls for *Brothers-All-Natural* Strawberry Fruit Crisps. They are available for purchase on [BrothersAllNatural.com](http://BrothersAllNatural.com) or look for them in your local grocery store.

**SUBMITTED BY:** *Brothers-All-Natural*



### INGREDIENTS

- ♥ 2 bags (1 cup) *Brothers-All-Natural* Strawberry Fruit Crisps
- ¾ cup honeydew melon, diced
- ¼ cup orange juice
- 1 cup almond milk
- ♥ ¼ cucumber
- ice

**STEP 1:** Place all ingredients in blender. Pulse until combined.

**STEP 2:** Serve immediately or store refrigerated. Enjoy!



# MICKEY'S APPLE PIE

## KID FRIENDLY SMOOTHIE

This recipe calls for *Brothers-All-Natural* Mickey Apple Cinnamon Fruit Crisps and *Brothers-All-Natural* Fuji Apple & Cinnamon Fruit Clusters. They are available for purchase on [BrothersAllNatural.com](http://BrothersAllNatural.com) or look for them in your local grocery store.

**SUBMITTED BY:** *Brothers-All-Natural*

### INGREDIENTS

- ♥ 1 bag (½ cup) *Brothers-All-Natural* Mickey Apple Cinnamon Fruit Crisps
- ♥ 4 individual *Brothers-All-Natural* Fuji Apple & Cinnamon Fruit Clusters
- 8 oz vanilla almond milk, unsweetened
- 2 scoops vanilla protein powder
- 4 ice cubes
- ½ avocado, frozen, optional
- fat free whipped topping, for garnish
- 2 Fruit Clusters, crushed for garnish

**STEP 1:** Place all ingredients in blender. Blend until smooth. Pour into glass and garnish with whipped topping and crushed fruit clusters.

**STEP 2:** Serve immediately. Enjoy!





# GREEN PROTEIN & PEAR FRUIT CRISPS SMOOTHIE

This recipe calls for *Brothers-All-Natural* Asian Pear Fruit Crisps. They are available for purchase on [BrothersAllNatural.com](http://BrothersAllNatural.com) or look for them in your local grocery store.

**SUBMITTED BY:** *Brothers-All-Natural*



## INGREDIENTS

- ♥ 1 cup spinach
- 1 Tbsp hemp protein
- 1/3 cup vanilla Greek yogurt
- ♥ 1 bag (1/2 cup) *Brothers-All-Natural* Asian Pear Fruit Crisps
- ♥ 1/2 cucumber
- ♥ 1 tsp flax seed
- 1 cup water
- ice

**STEP 1:** Place all ingredients in blender. Blend for approximately one minute.

**STEP 2:** Serve immediately or store refrigerated.



# MIXED BERRY MADNESS

## FRUIT CRISPS SMOOTHIE

This recipe calls for *Brothers-All-Natural* Mixed Berry Fruit Crisps. They are available for purchase on [BrothersAllNatural.com](http://BrothersAllNatural.com) or look for them in your local grocery store.

**SUBMITTED BY:** *Brothers-All-Natural*



### INGREDIENTS

- ♥ 1 bag (½ cup) *Brothers-All-Natural* Mixed Berry Fruit Crisps
- 1 scoop protein powder
- ¼ cup strawberries, frozen
- ¾ cup orange juice
- ♥ ½ cup blueberries
- ♥ ½ cup raspberries
- ice

**STEP 1:** Place all ingredients in blender. Blend until smooth.

**STEP 2:** Serve immediately or store refrigerated.



# DISNEY TROPIC DELIGHT

## KID FRIENDLY SMOOTHIE

This recipe calls for *Brothers-All-Natural* Mickey Mouse Clubhouse Banana Fruit Crisps and *Brothers-All-Natural* Mickey Mouse Clubhouse Pineapple Fruit Crisps. They are available for purchase on [BrothersAllNatural.com](http://BrothersAllNatural.com) or look for them in your local grocery store.

**SUBMITTED BY:** *Brothers-All-Natural*



### INGREDIENTS

- ♥ 1 bag (½ cup) *Brothers-All-Natural* Clubhouse Banana Fruit Crisps
- ♥ 1 bag (½ cup) *Brothers-All-Natural* Clubhouse Pineapple Fruit Crisps
- ¾ cup orange juice
- ¼ cup Greek yogurt
- ice

**STEP 1:** Place all ingredients in blender and mix until smooth.

**STEP 2:** Serve immediately or store refrigerated. Enjoy!





# STRAWBERRY BANANA OATMEAL

## FRUIT & OATS SMOOTHIE

This recipe calls for *Brothers-All-Natural* Strawberry-Banana Fruit & Oats. They are available for purchase on [BrothersAllNatural.com](http://BrothersAllNatural.com) or look for them in your local grocery store.

**SUBMITTED BY:** *Brothers-All-Natural*



### INGREDIENTS

- ♥ 1 container *Brothers-All-Natural* Strawberry Banana Fruit & Oats
- 1 tsp almond butter
- 1 cup milk
- ice

**STEP 1:** Place all ingredients in blender. Pulse until combined.

**STEP 2:** Serve immediately or store refrigerated. Enjoy!



# BLUEBERRY APPLE AVOCADO FRUIT CLUSTERS SMOOTHIE

This recipe calls for *Brothers-All-Natural* Blueberry & Fuji Apple Fruit Clusters. They are available for purchase on [BrothersAllNatural.com](http://BrothersAllNatural.com) or look for them in your local grocery store.

**SUBMITTED BY:** *Brothers-All-Natural*



## INGREDIENTS

- ½ avocado
- ♥ ½ bag (¾ cup) *Brothers-All-Natural* Blueberry & Fuji Apple Fruit Clusters™
- 1 cup vanilla soy milk
- ♥ 1 cup kale leaves
- ♥ ½ cup blueberries, frozen
- ice

**STEP 1:** Place all ingredients in blender. Blend until combined.

**STEP 2:** Serve immediately or store refrigerated. Enjoy!





# RASPBERRY PEACH SWIRL

## FRUIT CRISPS SMOOTHIE

This recipe calls for *Brothers-All-Natural* Peach Fruit Crisps. They are available for purchase on [BrothersAllNatural.com](http://BrothersAllNatural.com) or look for them in your local grocery store.

**SUBMITTED BY:** *Brothers-All-Natural*



### INGREDIENTS

#### *Raspberry Layer*

- ♥ ½ cup raspberries, frozen
- ½ cup almond milk
- ice

#### *Peach Layer*

- ♥ 2 bags (1 cup) *Brothers-All-Natural* Peach Fruit Crisps
- ¼ cup orange juice
- ½ banana
- ½ cup almond milk

#### *Garnish*

- ½ tsp chia seeds
- ½ tsp flax seeds

**STEP 1:** Place Raspberry Layer ingredients in a blender and mix until smooth. Set aside.

**STEP 2:** Place Peach Layer ingredients in a blender and mix until smooth.

**STEP 3:** Pour both layers in a glass at the same time to swirl. Enjoy!

# MIXED BERRY BLEND

## FRUIT CRISPS SMOOTHIE

This recipe calls for *Brothers-All-Natural* Mixed Berry Fruit Crisps. They are available for purchase on [BrothersAllNatural.com](http://BrothersAllNatural.com) or look for them in your local grocery store.

**SUBMITTED BY:** *Brothers-All-Natural*

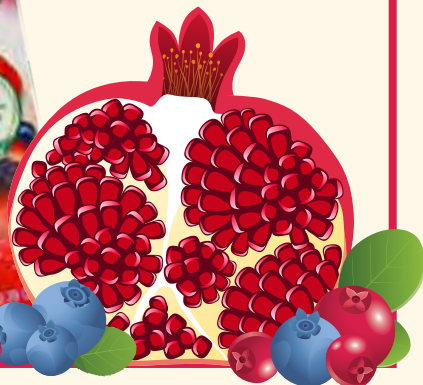


### INGREDIENTS

- ♥ 1 bag (½ cup) *Brothers-All-Natural* Mixed Berry Fruit Crisps
- ½ cup pomegranate seeds, frozen
- ♥ ½ cup cranberries, frozen
- Crystal Light Raspberry Ice
- 3-4 blueberries, frozen, for garnish
- ice

**STEP 1:** Place all ingredients in blender. Pulse until combined.

**STEP 2:** Garnish with blueberries and serve, or store refrigerated.



# GINGERED APPLE CINNAMON FRUIT CLUSTERS SMOOTHIE

This recipe calls for *Brothers-All-Natural* Fuji Apple & Cinnamon Fruit Clusters. They are available for purchase on [BrothersAllNatural.com](http://BrothersAllNatural.com) or look for them in your local grocery store.

**SUBMITTED BY:** *Brothers-All-Natural*



## INGREDIENTS

- ♥ ½ cucumber
- ♥ ½ cup *Brothers-All-Natural* Fuji Apple & Cinnamon Fruit Clusters™
- 1 inch ginger chunk
- 1 cup orange juice
- ¼ cup Greek yogurt
- ♥ 1 tsp chia seeds

**STEP 1:** Place all ingredients in blender. Blend until combined.

**STEP 2:** Serve immediately or store refrigerated. Enjoy!





# STRAWBERRY KIWI

## FRUIT CRISPS SMOOTHIE

This recipe calls for *Brothers-All-Natural* Strawberry Fruit Crisps. They are available for purchase on [BrothersAllNatural.com](http://BrothersAllNatural.com) or look for them in your local grocery store.

**SUBMITTED BY:** *Brothers-All-Natural*



### INGREDIENTS

#### *Strawberry Layer*

- ½ cup vanilla yogurt
- ♥ 1 bag (½ cup) *Brothers-All-Natural* Strawberry Fruit Crisps

#### *Kiwi Layer*

- ½ cup vanilla yogurt
- 1 kiwi, peeled
- 1 Tbsp honey or agave nectar
- 1 cup ice

**STEP 1:** Place all Strawberry Layer ingredients in blender and mix until smooth. Set aside and rinse blender.

**STEP 2:** Place all Kiwi Layer ingredients in blender and blend.

**STEP 2:** Alternate pouring each layer into a glass to achieve the swirled multi-layered look. Serve and enjoy!

# TROPICAL LAYERS

## FRUIT CRISPS SMOOTHIE

This recipe calls for *Brothers-All-Natural* Strawberry Fruit Crisps and *Brothers-All-Natural* Mango Fruit Crisps. They are available for purchase on [BrothersAllNatural.com](http://BrothersAllNatural.com) or look for them in your local grocery store.

**SUBMITTED BY:** *Brothers-All-Natural*



### INGREDIENTS

#### *Mango Banana Layer*

- ♥ 1 bag (½ cup) *Brothers-All-Natural* Mango Fruit Crisps
- ½ banana, sliced
- ¼ cup crushed ice

#### *Mango Strawberry Layer*

- ♥ 1 bag (½ cup) *Brothers-All-Natural* Strawberry Fruit Crisps
- 1 cup mango, peeled and diced
- ¼ cup crushed ice

**STEP 1:** Place ingredients for Mango Banana layer into blender and mix until no ice is visible. Pour into a glass.

**STEP 2:** Rinse blender and prepare next layer.

**STEP 3:** Place ingredients for Mango Strawberry layer into blender and mix until smooth. Slowly pour over mango layer.

**STEP 4:** Serve immediately. Enjoy!



# BANANA CHAI TEA

## FRUIT CRISPS SMOOTHIE

This recipe calls for *Brothers-All-Natural* Banana Fruit Crisps. They are available for purchase on [BrothersAllNatural.com](http://BrothersAllNatural.com) or look for them in your local grocery store.

**SUBMITTED BY:** *Brothers-All-Natural*



### INGREDIENTS

- ♥ 1 bag (½ cup) *Brothers-All-Natural* Banana Fruit Crisps
- 8 oz vanilla almond milk, unsweetened
- 1 banana, frozen
- 6 chai tea ice cubes
- ½ cup vanilla Greek yogurt
- ¼ tsp cinnamon
- ½ Tbsp honey, optional

**STEP 1:** Place all ingredients in blender and mix until smooth.

**STEP 2:** Serve immediately or store refrigerated. Enjoy!



# STRAWBERRY COLADA

## FRUIT CRISPS SMOOTHIE

This recipe calls for *Brothers-All-Natural* Pineapple Fruit Crisps. They are available for purchase on [BrothersAllNatural.com](http://BrothersAllNatural.com) or look for them in your local grocery store.

**SUBMITTED BY:** *Brothers-All-Natural*



### INGREDIENTS

- 6-7 strawberries, frozen
- ♥ 1 bag (½ cup) *Brothers-All-Natural* Pineapple Fruit Crisps
- 4 coconut water ice cubes, pineapple flavored
- 8 oz vanilla almond milk, unsweetened

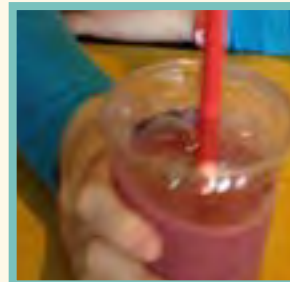
**STEP 1:** Place all ingredients in blender. Pulse until combined. If using fresh strawberries, add ice.

**STEP 2:** Serve immediately. Enjoy!



# MORE GREAT SMOOTHIES

Not all of the recipes entered into our contest could be winners, but that doesn't mean they're not great! These last (but not least!) 14 smoothies bring us through the home stretch of tasty recipes. Get your blenders ready!





# BEET-N-BERRY SMOOTHIE

Beets, berries, and protein to keep you going all day long! This recipe calls for *Brothers-All-Natural Mixed Berry Fruit Crisps*.

**SUBMITTED BY:** *Katie, UT*



## INGREDIENTS

- ♥ ½ beet
- ♥ 2 bags (1 cup) *Brothers-All-Natural Mixed Berry Fruit Crisps*
- ½ cup almond milk
- 1 Tbsp whey protein
- ♥ 1 tsp chia seeds
- ice

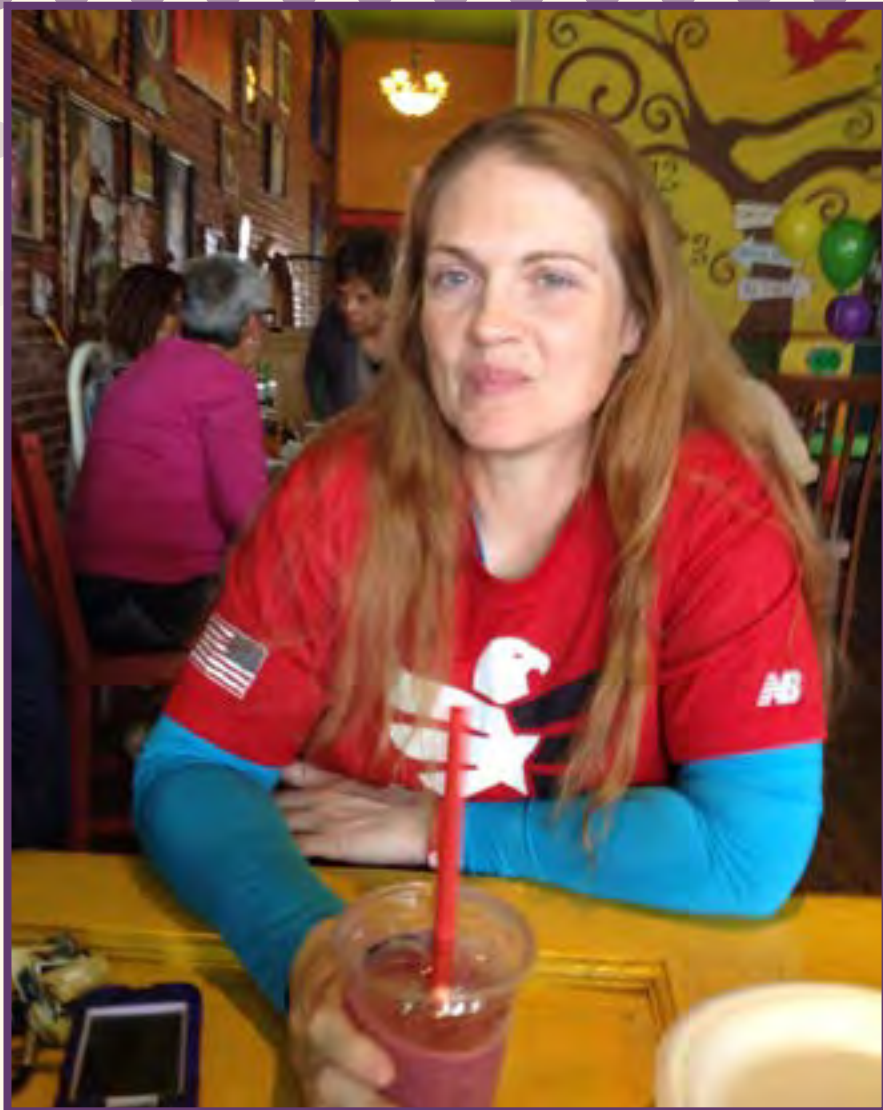
**STEP 1:** Place all ingredients in blender. Blend until smooth.

**STEP 2:** Serve immediately or store refrigerated.



# MORNING KICK START SMOOTHIE

SUBMITTED BY: *Kristie Young, TX*

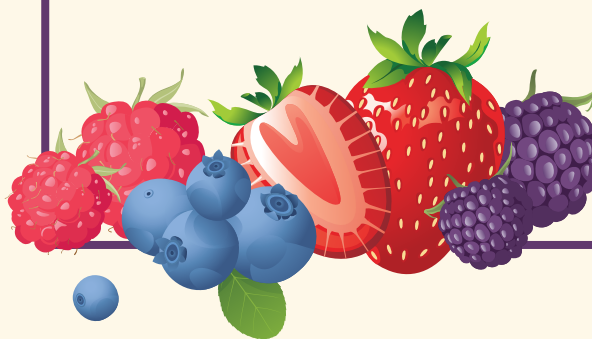


## INGREDIENTS

- ♥ 1 container 100 calorie vanilla Greek yogurt
- ♥ 1½ cups mixed berries, frozen
- 1 small banana, frozen
- 6-8 oz blueberry-pomegranate juice
- ♥ 1 Tbsp flax seed meal
- 1 scoop vanilla whey protein

**STEP 1:** Place all ingredients in blender. Blend until smooth. Will be thick and creamy.

**STEP 2:** Serve immediately or store refrigerated.





# ORANGE BREAKFAST SMOOTHIE

All things orange can be found in this blend. Despite the name, it's a tasty treat any time of the day!

**SUBMITTED BY:** *Tricia*, IN

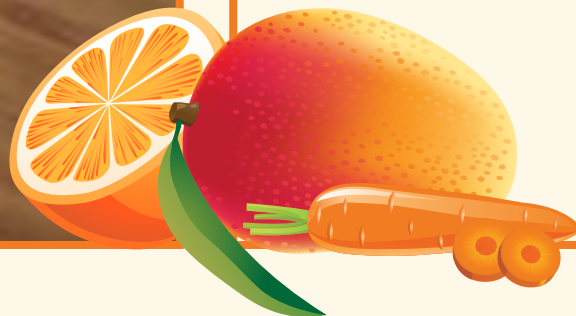


## INGREDIENTS

- ½ cup orange juice
- 1 cup mango, frozen
- 1 large carrot, peeled and sliced
- ½ cup vanilla Greek yogurt
- 1 tsp protein powder

**STEP 1:** Blend all ingredients for approximately one minute or until smooth.

**STEP 2:** Serve immediately or store refrigerated.



# IMMUNITY BOOSTER SMOOTHIE

Bee pollen can be found at specialty health food stores. If you can't find it, don't sweat! This recipe will work just as well without it. This recipe also calls for *Brothers-All-Natural* Strawberry-Banana Fruit Crisps.

Note: Recipe yields 2 servings

**SUBMITTED BY:** *Cathy, NY*



## INGREDIENTS

- ♥ 4 bags (2 cups) *Brothers-All-Natural* Strawberry-Banana Fruit Crisps
- 1 Tbsp bee pollen (optional)
- ♥ 2 Tbsp flax seed
- 1 Tbsp nutritional yeast flakes
- ¼ cup dried goji berries
- 1 cup orange juice
- 1 cup cold water, as needed

**STEP 1:** Place all dry ingredients in blender. Pulse until combined.

**STEP 2:** Turn blender on low and slowly add orange juice and water. Turn blender on high speed and blend for approximately 1-2 minutes or until the flax seeds are fully incorporated.

**STEP 3:** If smoothie is too thick, add a little more water to thin it out. Smoothie will thicken upon standing.



# SUNSHINE FLOAT SMOOTHIE

This fruity tropical mix will have you feeling like a ray of sunshine, no matter what the weather!

**SUBMITTED BY:** *Diana Darrisaw*



## INGREDIENTS

- 1 cup canned apricots, with no added sugar
- 1 cup carrots, shredded
- ½ cup mango juice
- ¼ tsp pineapple flavoring

**STEP 1:** Place all ingredients in blender. Blend for approximately one minute.

**STEP 2:** Serve immediately or store refrigerated.



# MONDAY'S BEST SMOOTHIE

“Start your week off right with a strawberry watermelon smoothie!”

**SUBMITTED BY:** *Jessica Best, NY*

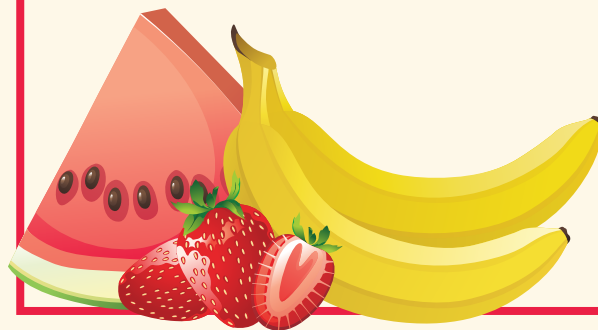


## INGREDIENTS

- 1 cup strawberries
- 1–1½ cups watermelon
- 1 cup vanilla almond milk
- 1 banana
- 1 scoop protein powder
- ♥ 1 tsp flax seed
- ice

**STEP 1:** Place all ingredients in blender. Blend for approximately one minute.

**STEP 2:** Serve immediately or store refrigerated.





# HAPPY HEALTHY SMOOTHIE

Want to feel happy and healthy? Try out this smoothie! It's the quick and healthy way to a happy day.

**SUBMITTED BY:** *Diana Darrisaw*

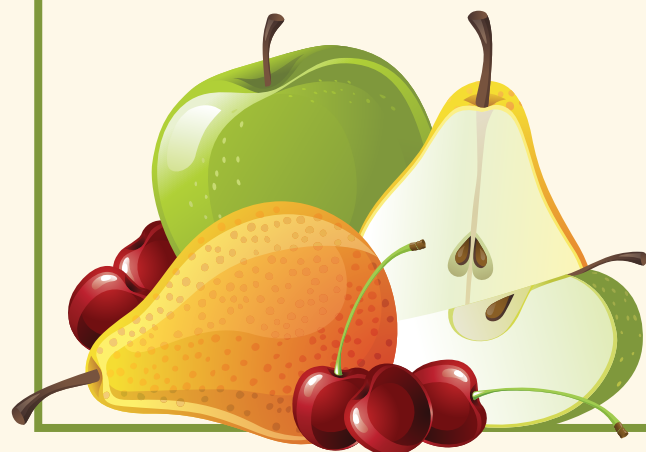


## INGREDIENTS

- ½ cup almond milk
- ½ cup fresh pear, diced
- 20 fresh cherries, pitted
- 1 cup apple juice
- 1 cup frozen yogurt

**STEP 1:** Place all ingredients in blender. Blend for approximately one minute.

**STEP 2:** Serve immediately or store refrigerated.



# RAZ-TABULOUS SMOOTHIE

This recipe calls for *Brothers-All-Natural* Mandarin Orange Fruit Crisps. When mixed with raspberries, they make the perfect combination of citrus and berry.

**SUBMITTED BY:** *Robin, TX*



## INGREDIENTS

- 1 cup raspberries, frozen
- ♥ 1 bag (½ cup) *Brothers-All-Natural* Mandarin Orange Fruit Crisps
- ½ cup vanilla yogurt
- ½ cup almond milk
- ice

**STEP 1:** Blend all ingredients for approximately one minute or until smooth.

**STEP 2:** Serve immediately or store refrigerated.



# GO GREEN SMOOTHIE

Spirulina can be found at specialty health food stores. This recipe also calls for *Brothers-All-Natural* Banana Fruit Crisps.

Note: Recipe yields 2 servings

**SUBMITTED BY:** *Cathy, NY*



## INGREDIENTS

- ♥ 4 bags (2 cups) *Brothers-All-Natural* Banana Fruit Crisps
- ♥ 2 cups baby spinach
- 1 Tbsp spirulina
- 1 Tbsp almond butter
- 1 tsp raw honey
- 1 scoop vanilla protein powder
- 2 cups ice cubes
- 1½ cups cold water, as needed

**STEP 1:** In a blender, combine fruit crisps, spinach, spirulina, almond butter, honey, protein powder, and ice cubes. Pulse to combine.

**STEP 2:** Turn blender on low and slowly pour in water. Turn blender speed to high and blend until completely smooth. Serve immediately.



# PURPLE PEOPLE DRINKER

This recipe calls for kefir, which is a fermented milk drink made with kefir grains. These “grains” are a yeast/bacterial fermentation starter.

**SUBMITTED BY:** *Julie*, MN

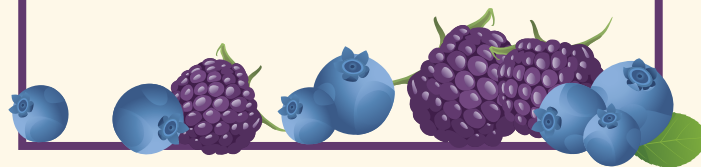


## INGREDIENTS

- ♥ ¼ cup blueberries
- ♥ ¼ cup blackberries
- ½ cup kefir
- ♥ 1 cup spinach
- ♥ 1 tsp chia seeds
- ¼ cup water

**STEP 1:** Place all ingredients in blender. Blend until smooth.

**STEP 2:** Serve immediately or store refrigerated.





# CRANBERRY PASSION SMOOTHIE

Fall in love with this fruity blend of cranberry, melon, kiwi, and figs. Top it off with some creamy Greek yogurt and you'll be on your way to developing a passion for cranberry.

**SUBMITTED BY:** *Diana Darrisaw*



## INGREDIENTS

- 1 cup cranberry juice, unsweetened
- ½ cup honeydew melon, diced
- ½ cup kiwi, peeled and diced
- 1 cup vanilla Greek yogurt
- 2 chopped figs

**STEP 1:** Place all ingredients in blender. Blend for approximately one minute.

**STEP 2:** Serve immediately or store refrigerated.



# BANYOGKI SMOOTHIE

Banana + Yogurt + Kiwi = The BanYogKi Smoothie!

**SUBMITTED BY:** *Dan Sempeck*

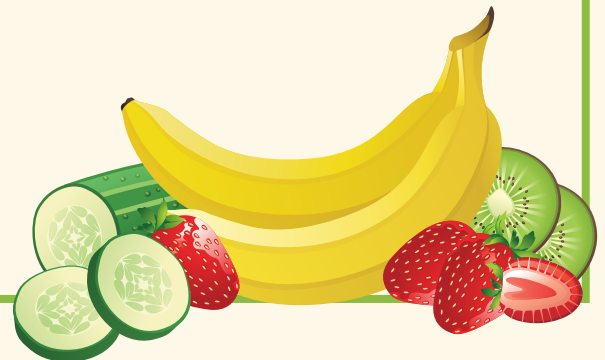


## INGREDIENTS

- 1 banana
- ♥ 1 cup low-fat yogurt
- 1 cup fresh strawberries
- ♥ ½ cucumber, peeled
- 1 kiwi, peeled

**STEP 1:** Place all ingredients in blender. Blend until smooth.

**STEP 2:** Serve immediately or store refrigerated.



# BANANA-PINEAPPLE SMOOTHIE

SUBMITTED BY: *Ashley*, TN

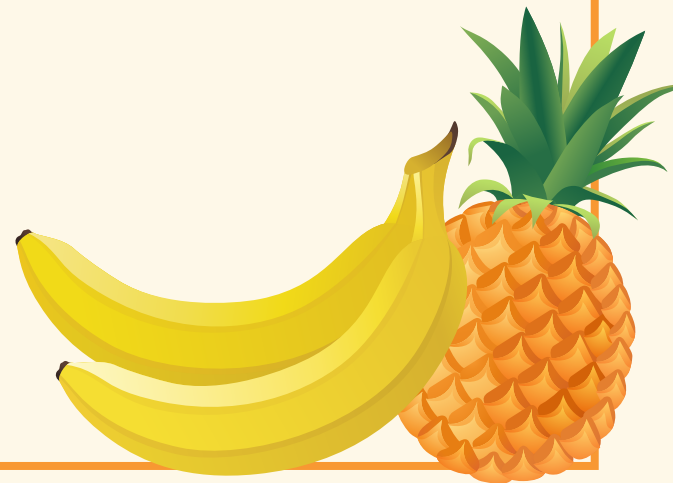


## INGREDIENTS

- 1 banana
- 1 cup pineapple, frozen
- 1 cup almond milk
- ice

**STEP 1:** Blend all ingredients until smooth.

**STEP 2:** Serve immediately or store refrigerated.



# STRAWBERRY-MELON MORNING

Put down the coffee and wake up the right way with this strawberry-melon morning smoothie! This recipe calls for *Brothers-All-Natural* Strawberry Fruit Crisps.

**SUBMITTED BY:** *Emily*, NC



## INGREDIENTS

- ♥ ½ cucumber
- 1 cup watermelon
- ♥ 1 bag (½ cup) *Brothers-All-Natural* Strawberry Fruit Crisps
- ¾ cup coconut water
- 1 tsp protein powder
- ice

**STEP 1:** Blend all ingredients until smooth.

**STEP 2:** Serve immediately or store refrigerated.





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# SMOOTHIE NUTRITION FACTS

CLICK A TITLE TO VIEW THAT RECIPE

## BANANA CHAI TEA

Fruits: 1½ cups  
Calories: 263  
Protein: 3g  
Carbohydrate: 61g  
Dietary Fiber: 6g  
Sugars: 38g  
Total Fat: 3g  
Sodium: 135mg

## BANANA KIWI

Fruits: 1¾ cups  
Dairy: 2 cups  
Calories: 90  
Protein: 7g  
Carbohydrate: 15g  
Dietary Fiber: 2g  
Sugars: 7g  
Total Fat: 1g  
Sodium: 63mg

## BANANA-PINEAPPLE

Fruits: 2 cups  
Calories: 244  
Protein: 3g  
Carbohydrate: 56g  
Dietary Fiber: 6g  
Sugars: 37g  
Total Fat: 3g  
Sodium: 130mg

## BANANA SPLIT

Fruits: 3 cups  
Calories: 381  
Protein: 5g  
Carbohydrate: 87g  
Dietary Fiber: 10g  
Sugars: 59g  
Total Fat: 5g  
Sodium: 157mg

## BANYOGKI

Vegetables: 1 cup  
Fruits: 1¾ cups  
Dairy: ½ cup  
Calories: 286  
Protein: 10g  
Carbohydrate: 55g  
Dietary Fiber: 8g  
Sugars: 35g

Total Fat: 3g  
Sodium: 93mg

## BEET-N-BERRY

Vegetables: ¼ cup  
Fruits: ½ cup  
Dairy: ½ cup  
Calories: 149  
Protein: 6g  
Carbohydrate: 26g  
Dietary Fiber: 6g  
Sugars: 18g  
Total Fat: 3g  
Sodium: 151mg

## BERRY BLAST

Fruits: 1½ cups  
Calories: 153  
Protein: 3g  
Carbohydrate: 37g  
Dietary Fiber: 12g  
Sugars: 20g  
Total Fat: 1g  
Sodium: 7mg

## BERRY THAT KALE

Vegetables: ½ cup  
Fruits: 1½ cups  
Dairy: ¼ cup  
Oils: 3 tsp  
Calories: 323  
Protein: 11g  
Carbohydrate: 41g  
Dietary Fiber: 6g  
Total Fat: 15g  
Sodium: 57mg

## BLENDED ORANGE GOODNESS

Fruits: 1¼ cup  
Dairy: ½ cup  
Calories: 208  
Protein: 10g  
Carbohydrate: 34g  
Dietary Fiber: 3g  
Sugars: 25g  
Total Fat: 4g  
Sodium: 101mg

## BLUE CHERRY LIME

Vegetables: ½ cup  
Fruits: ¾ cup  
Calories: 150  
Protein: 3g  
Carbohydrate: 26g  
Dietary Fiber: 5½g  
Sugars: 10g  
Sodium: 157mg

## BLUEBERRY APPLE AVOCADO

Vegetables: 1½ cups  
Fruits: 1¼ cups  
Dairy: 1 cup  
Calories: 483  
Protein: 13g  
Carbohydrate: 55g  
Dietary Fiber: 15g  
Sugars: 29g  
Total Fat: 27g  
Sodium: 152mg

## CHAI-BERRY

Fruits: 1¼ cups  
Calories: 131  
Protein: 2g  
Carbohydrates: 24g  
Dietary Fiber: 4g  
Total Fat: 4g

## COCOA BANANA-BURST

Fruits: ¾ cup  
Dairy: ½ cups  
Calories: 205  
Protein: 9g  
Carbohydrate: 36g  
Dietary Fiber: 8g  
Sugars: 22g  
Total Fat: 5g  
Sodium: 83mg

## CRANBERRY PASSION

Fruits: 2¾ cup  
Dairy: 1 cup  
Total Calories: 406  
Protein: 29g  
Carbohydrate: 77g  
Dietary Fiber: 5g  
Sugars: 69g  
Total Fat: 2g

## CREAMY GREENY

Vegetables: ½ cup  
Fruits: 1 cup  
Dairy: ¼ cup  
Calories: 230  
Protein: 4g  
Carbohydrate: 35g  
Dietary Fiber: 9g  
Sugars: 20g  
Total Fat: 11g

## DISNEY TROPIC DELIGHT

Fruits: 1¾ cup  
Dairy: ¼ cup  
Calories: 236  
Protein: 9g  
Carbohydrate: 52g  
Dietary Fiber: 4g  
Sugars: 35g  
Total Fat: 1g  
Sodium: 34mg

## GINGER-NANA PINEAPPLE

Fruits: 1 cup  
Dairy: 6 oz  
Calories: 232  
Protein: 14g  
Carbohydrate: 45g  
Dietary Fiber: 3g  
Sugars: 30g  
Total Fat: 1g  
Sodium: 141mg

## GINGERED APPLE CINNAMON

Vegetables: ¾ cup  
Fruits: 1½ cups  
Dairy: ¼ cup  
Calories: 240  
Protein: 10g  
Carbohydrate: 47g  
Dietary Fiber: 5g  
Sugars: 33g  
Total Fat: 2g  
Sodium: 38mg

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# SMOOTHIE NUTRITION FACTS

CLICK A TITLE TO VIEW THAT RECIPE

## GO GREEN SMOOTHIE

Vegetables: ½ cup  
Fruits: 4 cups  
Dairy: ½ cup  
Oils: 1 tsp  
Calories: 108  
Protein: 5g  
Carbohydrate: 12g  
Dietary Fiber: 1g  
Sugars: 10g  
Total Fat: 5g  
Sodium: 114mg

## GREEN MONSTER

Vegetables: 2 cups  
Fruits: ¾ cup  
Dairy: ½ cup  
Oils: 2 tsp  
Calories: 495  
Protein: 27g  
Carbohydrate: 47g  
Dietary Fiber: 8g  
Sugars: 31g  
Total Fat: 15g  
Sodium: 354mg

## GREEN PROTEIN & PEAR

Vegetables: 1½ cups  
Fruits: ½ cup  
Dairy: 1½ cups  
Calories: 242  
Protein: 30g  
Carbohydrate: 22g  
Dietary Fiber: 4g  
Sugars: 18g  
Total Fat: 5g  
Sodium: 225mg

## HAPPY HEALTHY SMOOTHIE

Fruits: 1¼ cups  
Dairy: ¼ cup  
Calories: 179  
Protein: 3g  
Carbohydrate: 41  
Dietary Fiber: 3g  
Sugars: 34g  
Total Fat: 6g  
Sodium: 57mg

## IMMUNITY BOOSTER

Fruits: 4¼ cups  
Calories: 104  
Protein: 3g  
Carbohydrate: 16g  
Dietary Fiber: 3g  
Sugars: 11g  
Total Fat: 4g  
Sodium: 4mg

## JESSICA'S BEST BREAKFAST

Vegetables: 1 cup  
Fruits: ¾ cup  
Oils: 3 tsp  
Calories: 614  
Protein: 13g  
Carbohydrate: 59g  
Dietary Fiber: 16g  
Sugars: 30g  
Total Fat: 41  
Sodium: 286mg

## MICKEY'S APPLE PIE

Fruits: 1 cup  
Dairy: 1¼ cup  
Calories: 266  
Protein: 14g  
Carbohydrate: 46g  
Dietary Fiber: 3g  
Sugars: 41g  
Total Fat: 3g  
Sodium: 346mg

## MIXED BERRY BLEND

Fruits: 2 cups  
Calories: 186  
Protein: 3g  
Carbohydrate: 44g  
Dietary Fiber: 11g  
Sugars: 27g  
Total Fat: 2g  
Sodium: 14mg

## MIXED BERRY MADNESS

Fruits: 3 cups  
Dairy: ¾ cup  
Calories: 344  
Protein: 11g  
Carbohydrate: 83g  
Dietary Fiber: 14g

Sugars: 9g  
Total Fat: 1g  
Sodium: 118mg

## MONDAY'S BEST SMOOTHIE

Fruits: 1¼ cup  
Dairy: ¼ cup  
Oils: 1 tsp  
Calories: 223  
Protein: 6g  
Carbohydrate: 38g  
Dietary Fiber: 7g  
Sugars: 28g  
Total Fat: 7g  
Sodium: 214mg

## MORNING GREEN

Vegetables: 1 cup  
Fruits: 1¼ cups  
Dairy: ¼ cup  
Calories: 173  
Protein: 8g  
Carbohydrate: 39g  
Dietary Fiber: 5g  
Sugars: 23g  
Total Fat: 1g  
Sodium: 69mg

## MORNING KICK START

Fruits: 3¼ cup  
Dairy: 1 cup  
Calories: 521  
Protein: 24g  
Carbohydrate: 109g  
Dietary Fiber: 15g  
Total Fat: 3g  
Sodium: 269mg

## ORANGE BREAKFAST

Vegetables: ½ cup  
Fruits: 1½ cups  
Dairy: 1 cup  
Calories: 310  
Protein: 19g  
Carbohydrate: 61g  
Dietary Fiber: 5g  
Sugars: 50g  
Total Fat: 1g  
Sodium: 167mg

## ORANGE MANGO

Fruits: 1½ cups  
Dairy: ¾ cup  
Calories: 231  
Protein: 8g  
Carbohydrate: 50g  
Dietary Fiber: 3g  
Sugars: 43g  
Total Fat: 1g  
Sodium: 118mg

## PB & BLUEBERRY

Fruits: 1 cup  
Oils: 1 tsp  
Calories: 259  
Protein: 16g  
Carbohydrate: 38g  
Dietary Fiber: 5g  
Sugars: 31g  
Total Fat: 6g  
Sodium: 215mg

## POPEYE POWER

Vegetables: ½ cup  
Fruits: 1½ cup  
Oils: 1 tsp  
Calories: 269  
Protein: 6g  
Carbohydrate: 49g  
Dietary Fiber: 13g  
Sugars: 27g  
Total Fat: 8g  
Sodium: 156mg

## POWER FRESH SMOOTHIE

Fruits: 2¼ cups  
Calories: 278  
Protein: 3g  
Carbohydrate: 68g  
Dietary Fiber: 7g  
Total Fat: 1g  
Sodium: 12mg

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# SMOOTHIE NUTRITION FACTS

CLICK A TITLE TO VIEW THAT RECIPE

## PURPLE PEOPLE DRINKER

Vegetables: ½ cup  
Fruits: ½ cup  
Dairy: ½ cup  
Calories: 115  
Protein: 6g  
Carbohydrate: 18g  
Dietary Fiber: 5g  
Sugars: 11g  
Total Fat: 3g  
Sodium: 154mg

## RASPBERRY APPLE POMEGRANATE

Vegetables: ¼ cup  
Fruits: 1¼ cups  
Dairy: ½ cup  
Calories: 237  
Protein: 7g  
Dietary Fiber: 12g  
Sugars: 31g  
Total Fat: 4g  
Sodium: 196mg

## RASPBERRY PEACH SWIRL

Fruits: 2¼ cups  
Oils: 1 tsp  
Calories: 317  
Protein: 7g  
Carbohydrate: 62g  
Dietary Fiber: 16g  
Sugars: 38g  
Total Fat: 7g  
Sodium: 133mg

## RAZ-TABLOUS

Fruits: 1 cup  
Dairy: 1 cup  
Calories: 366  
Protein: 16g  
Carbohydrate: 67g  
Dietary Fiber: 17g  
Sugars: 48g  
Total Fat: 6g  
Sodium: 228mg

## ST. PADDY'S PROTEIN

Vegetables: ½ cup  
Fruits: 1 cup  
Oils: 1 tsp  
Calories: 196  
Protein: 4g  
Carbohydrate: 35g  
Dietary Fiber: 8g  
Total Fat: 6g  
Sodium: 156mg

## STRAWBERRY BANANA OATMEAL

Whole Grains: ¼ cup  
Fruits: ¼ cup  
Dairy: 1 cup  
Calories: 286  
Protein: 13g  
Carbohydrate: 39g  
Dietary Fiber: 4g  
Sugars: 19g  
Total Fat: 8g  
Sodium: 131mg

## STRAWBERRY COLADA

Fruits: 1 cup  
Calories: 192  
Protein: 3g  
Carbohydrate: 40g  
Dietary Fiber: 6g  
Sugars: 32g  
Total Fat: 3g  
Sodium: 307mg

## STRAWBERRY HONEYDEW COOLER

Vegetables: ½ cup  
Fruits: 2 cups  
Calories: 137  
Protein: 2g  
Carbohydrate: 27g  
Dietary Fiber: 3g  
Sugars: 22g  
Total Fat: 3g  
Sodium: 153mg

## STRAWBERRY KIWI

Fruits: ½ cup  
Dairy: ¾ cup  
Calories: 284  
Protein: 8g  
Carbohydrate: 61g  
Dietary Fiber: 2g  
Sugars: 56g  
Total Fat: 2g  
Sodium: 102mg

## STRAWBERRY-MELON MORNING

Vegetables: ¾ cup  
Fruits: 1 cup  
Dairy: ¼ cup  
Calories: 152  
Protein: 4g  
Carbohydrate: 34g  
Dietary Fiber: 3g  
Sugars: 30g  
Total Fat: 1g  
Sodium: 262mg

## SUNSHINE FLOAT

Vegetables: ½ cup  
Fruits: ½ cup  
Calories: 55  
Protein: 1g  
Carbohydrate: 13g  
Dietary Fiber: 3g  
Sugars: 8g  
Total Fat: 0g  
Sodium: 42mg

## SUPER SIMPLE BANANA

Fruits: ¾ cup  
Dairy: ¼ cup  
Calories: 202  
Protein: 3g  
Carbohydrate: 47g  
Dietary Fiber: 4g  
Total Fat: 2g  
Sodium: 146mg

## THE SPARKLING STRAWBERRY

Vegetables: 2¼ cup  
Fruits: 1¼ cup  
Calories: 152  
Protein: 5g  
Carbohydrate: 34g  
Dietary Fiber: 11g  
Total Fat: 1g  
Sodium: 190mg

## TROPICAL LAYERS

Fruits: 1¼ cup  
Calories: 145  
Protein: 2g  
Carbohydrate: 36g  
Dietary Fiber: 6g  
Sugars: 21g  
Total Fat: 1g  
Sodium: 5mg

## VERY MERRY BERRY

Fruits: 1½ cups  
Dairy: ¾ cup  
Oils: 1 tsp  
Calories: 258  
Protein: 13g  
Carbohydrate: 42g  
Dietary Fiber: 6g  
Sugars: 30g  
Total Fat: 6g  
Sodium: 93mg

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# FRUIT CRISPS NUTRITION FACTS



## FUJI APPLE

### Nutrition Facts

Serving Size: 1 bag (10g / 0.35oz)

Amount Per Serving

**Calories** 40    Calories from Fat 0

% Daily Value\*

**Total Fat** 0g    0%

Saturated Fat 0g    0%

Trans Fat 0g

**Cholesterol** 0mg    0%

**Sodium** 0mg    0%

**Total Carbohydrate** 9g    3%

Dietary Fiber 2g    7%

Sugars 6g

**Protein** 0g

Vitamin A 2% • Calcium 0%

Vitamin C 2% • Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** 100% Freeze-Dried Fuji Apples.

## ASIAN PEAR

### Nutrition Facts

Serving Size: 1 bag (10g / 0.35oz)

Amount Per Serving

**Calories** 35    Calories from Fat 0

% Daily Value\*

**Total Fat** 0g    0%

Saturated Fat 0g    0%

Trans Fat 0g

**Cholesterol** 0mg    0%

**Sodium** 0mg    0%

**Total Carbohydrate** 9g    3%

Dietary Fiber 1g    4%

Sugars 7g

**Protein** 0g

Vitamin A 0% • Calcium 0%

Vitamin C 0% • Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** 100% Freeze-Dried Asian Pears.

## STRAWBERRY & BANANA

### Nutrition Facts

Serving Size: 1 bag (12g / 0.42oz)

Amount Per Serving

**Calories** 45    Calories from Fat 0

% Daily Value\*

**Total Fat** 0g    0%

Saturated Fat 0g    0%

Trans Fat 0g

**Cholesterol** 0mg    0%

**Sodium** 0mg    0%

**Total Carbohydrate** 10g    3%

Dietary Fiber 2g    6%

Sugars 6g

**Protein** 1g

Vitamin A 2% • Calcium 0%

Vitamin C 25% • Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** 100% Freeze-Dried Strawberries and Bananas.

## FUJI APPLE WITH CINNAMON

### Nutrition Facts

Serving Size: 1 bag (10g / 0.35oz)

Amount Per Serving

**Calories** 40    Calories from Fat 0

% Daily Value\*

**Total Fat** 0g    0%

Saturated Fat 0g    0%

Trans Fat 0g

**Cholesterol** 0mg    0%

**Sodium** 0mg    0%

**Total Carbohydrate** 9g    3%

Dietary Fiber 1g    4%

Sugars 6g

**Protein** 0g

Vitamin A 2% • Calcium 0%

Vitamin C 2% • Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** 100% Freeze-Dried Fuji Apples and Pure Cinnamon.

# FRUIT CRISPS NUTRITION FACTS



## PEACH

### Nutrition Facts

Serving Size: 1 bag (8g / 0.28oz)

Amount Per Serving

**Calories** 30    Calories from Fat 0

% Daily Value\*

**Total Fat** 0g    **0%**

Saturated Fat 0g    **0%**

*Trans* Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 5mg    **0%**

**Total Carbohydrate** 7g    **2%**

Dietary Fiber 1g    **4%**

Sugars 4g

**Protein** 0g

Vitamin A 1% • Calcium 4%

Vitamin C 4% • Iron 1%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** 100% Freeze-Dried Yellow Peaches.



## BANANA

### Nutrition Facts

Serving Size: 1 bag (17g / 0.59oz)

Amount Per Serving

**Calories** 60    Calories from Fat 0

% Daily Value\*

**Total Fat** 0g    **0%**

Saturated Fat 0g    **0%**

*Trans* Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 0mg    **0%**

**Total Carbohydrate** 15g    **5%**

Dietary Fiber 1g    **4%**

Sugars 8g

**Protein** 1g

Vitamin A 3% • Calcium 0%

Vitamin C 10% • Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** 100% Freeze-Dried Bananas.



## MANDARIN ORANGE

### Nutrition Facts

Serving Size: 1 bag (10g / 0.35oz)

Amount Per Serving

**Calories** 38    Calories from Fat 0

% Daily Value\*

**Total Fat** 0g    **0%**

Saturated Fat 0g    **0%**

*Trans* Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 0mg    **0%**

**Total Carbohydrate** 9g    **3%**

Dietary Fiber 1g    **4%**

Sugars 6g

**Protein** 1g

Vitamin A 2% • Calcium 2%

Vitamin C 45% • Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** 100% Freeze-Dried Mandarin Oranges.



## PINEAPPLE

### Nutrition Facts

Serving Size: 1 bag (15g / 0.53oz)

Amount Per Serving

**Calories** 60    Calories from Fat 0

% Daily Value\*

**Total Fat** 0g    **0%**

Saturated Fat 0g    **0%**

*Trans* Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 0mg    **0%**

**Total Carbohydrate** 14g    **4%**

Dietary Fiber 2g    **6%**

Sugars 9g

**Protein** 0g

Vitamin A 0% • Calcium 0%

Vitamin C 15% • Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** 100% Freeze-Dried Pineapple.



# FRUIT CRISPS NUTRITION FACTS



Also available in:

**VARIETY PACKS**

**“CHOOSE YOUR OWN”  
VARIETY PACKS**

## STRAWBERRY

### Nutrition Facts

Serving Size: 1 bag (7.5g / 0.26oz)

Amount Per Serving

**Calories** 30    Calories from Fat 0

% Daily Value\*

**Total Fat** 0g    0%

Saturated Fat 0g    0%

*Trans* Fat 0g

**Cholesterol** 0mg    0%

**Sodium** 0mg    0%

**Total Carbohydrate** 6g    2%

Dietary Fiber 1g    4%

Sugars 4g

**Protein** 1g

Vitamin A 0% • Calcium 2%

Vitamin C 45% • Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** 100% Freeze-Dried Strawberries.

## MIXED BERRY

### Nutrition Facts

Serving Size: 1 bag (11g / 0.39oz)

Amount Per Serving

**Calories** 40    Calories from Fat 0

% Daily Value\*

**Total Fat** 0g    0%

Saturated Fat 0g    0%

*Trans* Fat 0g

**Cholesterol** 0mg    0%

**Sodium** 0mg    0%

**Total Carbohydrate** 10g    3%

Dietary Fiber 3g    12%

Sugars 6g

**Protein** 1g

Vitamin A 0% • Calcium 0%

Vitamin C 15% • Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** 100% Freeze-Dried Strawberries, Raspberries, Blueberries, and Blackberries.

## MANGO

### Nutrition Facts

Serving Size: 1 bag (10g / 0.35oz)

Amount Per Serving

**Calories** 40    Calories from Fat 0

% Daily Value\*

**Total Fat** 0.5g    1%

Saturated Fat 0g    0%

*Trans* Fat 0g

**Cholesterol** 0mg    0%

**Sodium** 0mg    0%

**Total Carbohydrate** 9g    3%

Dietary Fiber 1g    4%

Sugars 6g

**Protein** 0g

Vitamin A 20% • Calcium 0%

Vitamin C 10% • Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** 100% Freeze-Dried Mangoes.

# FRUIT CLUSTERS NUTRITION FACTS



Raspberry & Fuji Apple	
Nutrition Facts	
Serving Size: 1/2 cup (11g)	
Servings Per Container: 3	
Amount Per Serving	
<b>Calories</b> 40	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 1g	4%
Sugars 8g	
<b>Protein</b> 0g	
Vitamin A 0% • Calcium 0%	
Vitamin C 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

**Ingredients:** Fuji Apples, Raspberries, Fruit Pectin, Apple Juice Concentrate.

Fuji Apple & Cinnamon	
Nutrition Facts	
Serving Size: 1/2 cup (11g)	
Servings Per Container: 3	
Amount Per Serving	
<b>Calories</b> 40	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 2g	8%
Sugars 8g	
<b>Protein</b> 0g	
Vitamin A 0% • Calcium 0%	
Vitamin C 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

**Ingredients:** Fuji Apples, Pure Cinnamon, Fruit Pectin, Apple Juice Concentrate.

Blueberry & Fuji Apple	
Nutrition Facts	
Serving Size: 1/2 cup (11g)	
Servings Per Container: 3	
Amount Per Serving	
<b>Calories</b> 40	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 1g	4%
Sugars 8g	
<b>Protein</b> 0g	
Vitamin A 0% • Calcium 0%	
Vitamin C 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

**Ingredients:** Fuji Apples, Blueberries, Fruit Pectin, Apple Juice Concentrate.

# FRUIT & OATS NUTRITION FACTS



## MIXED BERRY

### Nutrition Facts

Serving Size: 1 container (33g/1.16oz)

Amount Per Serving

**Calories** 140    Calories from Fat 30

% Daily Value\*

**Total Fat** 3g    5%

Saturated Fat 0.5g    3%

Trans Fat 0g

**Cholesterol** 0mg    0%

**Sodium** 0mg    0%

**Total Carbohydrate** 24g    8%

Dietary Fiber 4g    16%

Sugars 5g

**Protein** 4g

Vitamin A 0% • Calcium 2%

Vitamin C 35% • Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** Whole grain premium Australian oats, 100% freeze-dried Strawberries, Raspberries, Blueberries, and Blackberries.

## STRAWBERRY & BANANA

### Nutrition Facts

Serving Size: 1 container (35g/1.23oz)

Amount Per Serving

**Calories** 150    Calories from Fat 25

% Daily Value\*

**Total Fat** 3g    5%

Saturated Fat 0.5g    3%

Trans Fat 0g

**Cholesterol** 0mg    0%

**Sodium** 0mg    0%

**Total Carbohydrate** 26g    9%

Dietary Fiber 4g    16%

Sugars 6g

**Protein** 4g

Vitamin A 0% • Calcium 2%

Vitamin C 20% • Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** Whole grain premium Australian oats, 100% freeze-dried Strawberries and Bananas.

# THE NUTRITION TWINS BOOKS

CLICK A BOOK OR TITLE FOR MORE INFORMATION AND A LINK TO PURCHASE YOUR OWN COPY

Get started on the path to a happier and healthier and more energetic you! In this book the Nutrition Twins, reveal which vegetables help specific health and beauty problems, and provide more than 100 delicious and nutritious recipes to put this "cure" into action on your plate. Each chapter starts with a goal. In clear, conversational language the authors lay out what veggies will help you succeed in reaching your goal, why they work, and how to reap their benefits via the delicious recipes available just pages away.

You eat right. You exercise. But still your scale won't budge. Despite your good intentions and all the stomach crunches you can stand, you could unknowingly be sabotaging your efforts every day by eating one ingredient that is guaranteed to plug you up, bloat you out, and pack on the pounds. What is this dreaded diet saboteur? Salt. It's everywhere—especially in the very "diet" foods we eat to lose weight—and it's devastating to our health and our waistlines. If you drop the salt you will drop a size—or more!—on this four week salt-slashing plan.

This book is like no other nutrition book. As identical twins, Lyssie and Tammy were able to use genetics to their advantage. Each chapter is sprinkled with "twin trials"—stories of how one of them loses the "coin-flip" and has to be the nutritional guinea pig, not following their own recommendations for jump-starting metabolism. This was their opportunity to see just how much each principle keeps their own metabolism revved.



# THANK YOU!

Brothers-All-Natural and The Nutrition Twins would like to give a special thanks to all who participated in the Scrumptious Shape-Up Smoothie Contest. This ebook would not have been possible without you, so we hope you like it as much as we do!

## **WANT MORE BROTHERS-ALL-NATURAL?**

Check out our website, blog, and other social media platforms below:

## **WANT MORE OF THE NUTRITION TWINS?**

Check out their website and other social media platforms below: