



Signature Smoothie Recipes

Fruity-Licious

- **Blueberry Madness**
Vanilla Soy Milk
2 Scoops F#1 Vanilla
¼ Cup Frozen Blueberries
Ice
- **Blueberry Muffin**
Vanilla Soy Milk
2 Scoops F#1 Vanilla
¼ Cup Frozen Blueberries
2 Teaspoons Pistachio Pudding Mix
Ice
- **Dreamsicle**
Vanilla Soy Milk
2 Scoops F#1 Vanilla
1 Tablespoon Peach Jell-O
1 Tablespoon Orange Jell-O
Ice
- **Orange Blossom**
Vanilla Soy Milk
2 Scoops F#1 Vanilla
1 ½ Capfuls Orange Extract
Ice
- **Strawberry Banana**
Vanilla Soy Milk
2 Scoops F#1 Wild Berry
½ Banana
4 Frozen Strawberries
Ice
- **Strawberry Delight**
Vanilla Soy Milk
2 Scoops F#1 Wild Berry
4 Frozen Strawberries
Ice
- **Banana Split**
Chocolate Soy Milk
2 Scoops F#1 Cookies and Cream
2-3 Frozen Strawberries
½ Banana
Ice
- **Upside Down Pineapple**
Vanilla Soy Milk
2 Scoops F#1 Vanilla
5 Frozen Chunks of Pineapple
1 Capful of Vanilla Extract
1 Capful Butter Extract
1 Teaspoon of Cheesecake Jello-O
Pudding mix
Ice
- **Pina Colada**
Vanilla Soy Milk
2 Scoops F#1 Pina Colada
5 Frozen Chunks of Pineapple
Ice
- **Tropical Fruit Splash**
Vanilla Soy Milk
1 Scoop F#1 Tropical Fruit
1 Scoop F#1 Wild Berry
½ Banana
2-3 Frozen Peach wedges
2-3 Frozen Strawberries
3 Frozen Pineapple pieces
Ice



Signature Smoothie Recipes

Coffeehouse

- **Jamoca Almond Fudge**
Vanilla Soy Milk
1 Scoop F#1 Chocolate
1 Scoop F#1 Café Latte
1 Teaspoon Chocolate Fudge Jell-O
Pudding Mix
½ Capful of Almond Extract
1 Splenda Packet
Ice
- **Café Latte**
Vanilla Soy Milk
2 Scoops F#1 Café Latte
Ice
- **Café Mocha**
Chocolate Soy Milk
2 Scoops F#1 Café Latte
Ice

Other Addictions

- **Rockin Rootbeer Float**
Vanilla Soy Milk
2 Scoops F#1 Vanilla
1 Capful of Root beer Extract
Ice
- **Mom's Apple Pie**
Vanilla Soy Milk
2 Scoops F#1 Vanilla
3 Tablespoons of Cinnamon Apple Sauce
Ice
- **The Elvis**
Vanilla Soy Milk
2 Scoops F#1 Vanilla
1 Tablespoon Peanut Butter
½ Banana, Ice
- **Butter Pecan**
Vanilla Soy Milk
2 Scoops F#1 Vanilla
1 Capful of Butter Extract
3 Tablespoons Pecan Halves
Ice
- **Cookies and Cream**
Vanilla Soy Milk
2 Scoops F#1 Cookies and Cream
Ice



Signature Smoothie Recipes

Chocoholic

- **Turtle Cheesecake**

Chocolate Soy Milk
2 Scoops F#1 Cookies and Cream
1 Teaspoon Carmel Syrup
1 Teaspoon of Cheesecake Jell-O Pudding Mix
1 Teaspoon of Chocolate Fudge Jell-O Pudding
2 Tablespoons of Pecans
Ice

- **Peppermint Patty**

Chocolate Soy Milk
2 Scoops F#1 Chocolate
½ Capful Peppermint Extract
2 Tablespoons Chocolate Chips
Ice

- **Peanut Butter Cup**

Chocolate Soy Milk
2 Scoops F#1 Chocolate
1 Tablespoon Peanut Butter
Ice

- **The Almond Joy**

Chocolate Soy Milk
2 Scoops F#1 Chocolate
½ Capful of Coconut Extract
¼ Capful of Almond Extract
Ice

- **Chocolate Covered Cherry**

Chocolate Soy Milk
2 Scoops F#1 Chocolate
5-7 Frozen Cherries
Ice

- **Chocolate Covered Strawberry**

Chocolate Soy Milk
2 Scoops F#1 Chocolate
3-4 Frozen Strawberries
Ice