

Tropical Greens

Makes one 20 oz smoothie

Ingredients

120g (½ cup) Milk

60g (¼ cup) Water

1 oz (1 cup) Kale or Spinach

¼ oz (a palmful) Cilantro

100g (½ of a) Cucumber, chopped

90g (½ of an) Apple, chopped & frozen

140g (1 cup) Pineapple, frozen

1 Banana, frozen

1 Lime, zested & juiced

Directions

① Place all ingredients in a high-speed blender in the order listed and blend on high. Use the tamp to push ingredients down as needed.

② Enjoy immediately!

The logo for 'ice' is displayed in a light blue, lowercase, sans-serif font. The letters are bold and have a slight shadow effect. The logo is centered within a light green square background.

Strawberry Sunrise

Makes one 16 oz smoothie

Ingredients

75g (1/3 cup) Milk

1 Banana, fresh

2 Mandarin oranges, peeled

OR 1/2 of a Cara Cara orange, peeled

50g (1/4 cup) Apples, frozen

115g (3/4 cup) Strawberries, frozen

3 Kumquats, frozen

Directions

① Place all ingredients in a high-speed blender, in the order listed and blend on high. Use the tamp to push ingredients down as needed.

② Enjoy immediately!

The logo for 'ice' is displayed in a light blue, lowercase, sans-serif font. The letters are bold and set against a light green square background.

Basic Bitch

Makes one 16 oz smoothie

Ingredients

- 60g (¼ cup)** Milk
- 1** Orange, peeled
- ¼** of a Cucumber, chopped
- 1 oz (1 cup)** Kale or Spinach
- ½** Lime, juiced
- 1** Banana, fresh or frozen
- 35g (¼ cup)** Mango, frozen
- 75g (½ cup)** Strawberries, frozen

Directions

- 1 Place all ingredients in a high-speed blender, in the order listed and blend on high. Use the tamp to push ingredients down as needed.
- 2 Enjoy immediately!

The logo for 'ice' is displayed in a bold, lowercase, blue sans-serif font. It is centered within a light green square background.