Smoothie Drink Guide
15 Fabulous Flavors

Strawberry
Piña Colada
Banana
Mango
Raspberry
Peach
Wildberry
Passion Fruit
Hurricane
Guava
Papaya
Premium Lemonade
Cappuccino
Ice Cream
Non-Fat Yogurt

* All recipes within this guide are based on a 16oz serving.
Our real fruit smoothies are a delicious and healthy alternative to soft drinks or fast food. Combine our wide array of fat-free fruit purées to our Ice Cream or Non-Fat Yogurt to make the perfect smoothie for a snack, meal replacement or dessert.

**Storage & Handling:**
Store our products frozen for up to two years. Keep refrigerated after thawing.

**Refrigerated Shelf Life:**
Unopened: 60 days.
Opened: 21 days.
Dairy: 1 year frozen, 15 days refrigerated.

**Contact Us:**
We care about your business. Call us today at 1-800-999-5674 or visit our web site at www.islandoasis.com.
<table>
<thead>
<tr>
<th>Banana Smoothie</th>
<th>Banana Mudslide</th>
<th>Blue Banana</th>
</tr>
</thead>
<tbody>
<tr>
<td>5oz Banana</td>
<td>3oz Banana</td>
<td>6oz Banana</td>
</tr>
<tr>
<td>2oz Non-Fat Yogurt</td>
<td>3oz Ice Cream</td>
<td>1oz Monin Blue Curacao</td>
</tr>
<tr>
<td>or Ice Cream</td>
<td>1oz Monin Irish Cream</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rim glass with Chocolate Syrup.</td>
<td></td>
</tr>
<tr>
<td>Banana Cabana</td>
<td>Banana Split</td>
<td>Peanut Butter</td>
</tr>
<tr>
<td>4oz Banana</td>
<td>3oz Banana</td>
<td>and Banana Shake</td>
</tr>
<tr>
<td>3oz Piña Colada</td>
<td>3oz Strawberry</td>
<td>3oz Banana</td>
</tr>
<tr>
<td>1oz Monin Irish Cream</td>
<td>1oz Monin Irish Cream</td>
<td>4oz Ice Cream</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 Reese's® Peanut Butter Cups</td>
</tr>
<tr>
<td>Banana Colada</td>
<td>Banana Split</td>
<td>Banana Nut</td>
</tr>
<tr>
<td>4oz Banana</td>
<td>3oz Banana</td>
<td>5oz Banana</td>
</tr>
<tr>
<td>3oz Piña Colada</td>
<td>3oz Strawberry</td>
<td>1oz Ice Cream</td>
</tr>
<tr>
<td></td>
<td>1oz Monin Irish Cream</td>
<td>1oz Monin Macadamia</td>
</tr>
<tr>
<td>Wipe Out</td>
<td></td>
<td>Garnish with Whipped Cream and Chopped Nuts.</td>
</tr>
<tr>
<td>1oz Banana</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3oz Mango</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3oz Strawberry</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Float Banana.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hula Hula</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2oz Banana</td>
<td>Funky Monkey</td>
<td>Banana's Foster</td>
</tr>
<tr>
<td>2oz Mango</td>
<td>3oz Banana</td>
<td>Cider Shake</td>
</tr>
<tr>
<td>3oz Piña Colada</td>
<td>3oz Banana</td>
<td>3oz Banana</td>
</tr>
<tr>
<td></td>
<td>3oz Ice Cream</td>
<td>2oz Apple Cider</td>
</tr>
<tr>
<td>BananaBerry Freeze</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3oz Banana</td>
<td>Banana Blizzard</td>
<td>Bango Bash</td>
</tr>
<tr>
<td>4oz Strawberry</td>
<td>4oz Banana</td>
<td>3oz Banana</td>
</tr>
<tr>
<td></td>
<td>3oz Ice Cream</td>
<td>3oz Mango</td>
</tr>
<tr>
<td></td>
<td>2 Oreo® Cookies</td>
<td>1oz Non-Fat Yogurt</td>
</tr>
<tr>
<td></td>
<td>Whipped Cream</td>
<td></td>
</tr>
<tr>
<td>Tropical Passion</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3oz Banana</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4oz Strawberry</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Almond Mochaccino       | Toasted Cappuccino                | Cappuccino Crunch    |
| 6oz Cappuccino          | 6oz Cappuccino                    | 4oz Cappuccino       |
| .5oz Chocolate Syrup    | .75oz Monin Irish Cream           | 3oz Ice Cream        |
| 1oz Monin Amaretto      | .75oz Monin Amaretto              | Crushed Chocolate    |
|                         |                                  | Toffee Candy          |
| Oreo® Mocha Freeze      | Cappuccino Almond Mocha          | Bananaaccino         |
| 3oz Cappuccino          | 5oz Cappuccino                    | 3oz Cappuccino       |
| 3oz Ice Cream           | 2oz Ice Cream                     | 3oz Banana           |
| 1oz Chocolate Syrup     | .5oz Almond Syrup                 | 1oz Monin Irish Cream|
| 2 Oreo® Cookies         | or Ground Almond                  |                      |
| Frozen Nutty Irishman   | 1 scoop Malt Powder               |                      |
| 6oz Cappuccino          | .5oz Chocolate Syrup              |                      |
| .75oz Monin Almond      |                                  |                      |
| .75oz Monin Irish Cream | Frozen Mochaccino                 |                      |
|                         | 5oz Cappuccino                    |                      |
|                         | 2oz Ice Cream                     |                      |
|                         | 1.5oz Chocolate Syrup             |                      |
| Cappuccino Crunch       |                                  |                      |
| 4oz Cappuccino          |                                  |                      |
| 3oz Ice Cream           |                                  |                      |
|                         | 2 Oreo® Cookies                   |                      |
Guava Smoothie
5oz Guava
2oz Non-Fat Yogurt or Ice Cream

Luau Colada
4oz Guava
3oz Piña Colada

Guava Lemonade
4oz Guava
3oz Lemonade

Tropical Passion
3oz Guava
2oz Passion Fruit
2oz Mango

Hawaiian Cooler
4oz Guava
3oz Mango

Island Berry
5oz Guava
1oz Strawberry
1oz Mango

Hawaiian Colada
5oz Guava
2oz Piña Colada

Guava Cooler
5oz Guava
2oz Lemonade

Tropical Fruit Flow
3oz Guava
3oz Mango
1oz Ice Cream

Guava Lava
7oz Guava
1oz Ice Cream
Blend Guava and pour into Ice Cream.

POG
3oz Guava
3oz Piña Colada
1oz Orange Juice

Almond Joyous
6oz Ice Cream
.5oz Monin Irish Cream
.5oz Monin Amaretto
.5oz Chocolate Syrup

Baileys Blizzard
6oz Ice Cream
.5oz Monin Irish Cream
.5oz Monin Peppermint

Bushwhacker
4oz Piña Colada
2oz Ice Cream
.5oz Monin Irish Cream
.5oz Chocolate Syrup

Forbidden Jungle
4oz Banana
2oz Ice Cream
1oz Monin Irish Cream

Frozen Caramel Apple
5oz Ice Cream
1oz Monin Granny Smith Apple
1oz Caramel Syrup
(in glass)

Frozen Mudslide
5oz Ice Cream
1oz Monin Irish Cream
1oz Cappuccino Chocolate Syrup

Toasted Almond Mocha Mudslide Crunch
6oz Ice Cream
1oz Monin Toasted Almond Mocha
.5oz Chocolate Syrup
.5oz Butterfinger® Candy Bar

Key Lime Pie
2oz Margarita
5oz Ice Cream
Top with Graham Cracker Crumbs.

Shipwreck
5oz Piña Colada
1oz Banana
1oz Ice Cream

Blended Ginerbread Latte
4oz Ice Cream
1oz Monin Gingerbread
2oz Fresh Chilled Espresso

Ice Cream Sandwich
7oz Ice Cream
2 Oreo® Cookies

Chocolate Shake
5oz Ice Cream
2oz Chocolate Syrup

Frozen Chai Latte
5oz Ice Cream
2oz Monin Chai Tea

The Patriot
1oz Strawberry
6oz Ice Cream
.5oz Monin Blue Curacao
Blend Ice Cream, pour over Blue Curacao and float Strawberry.

Cookie Monster
7oz Ice Cream
2 Oreo® Cookies
.5oz Chocolate Syrup

Peanut Butter Fudge Meltdown
6oz Ice Cream
1blsp Peanut Butter
.5oz Chocolate Syrup

Frosted Mint Mocha
4oz Ice Cream
2 Oreo® Cookies

Dulce De Leche Freeze
6oz Ice Cream
1oz Monin Caramel
.5oz Monin Irish Cream

Hawaii IO
2oz Strawberry
5oz Piña Colada
2oz Ice Cream
Peanut Butter Biscotti Crunch
6oz Ice Cream
1tbsp Peanut Butter
1oz Chocolate Syrup
Top with Whipped Cream and Pirouette Cookie.

Butterfinger® Shake
7oz Ice Cream
.5oz Butterfinger Candy Bar
.5oz Chocolate Syrup

Chocolate Chip Cookie Blast
7oz Ice Cream
Crushed Chocolate Chip Cookies
.5oz Chocolate Syrup

Orange Oasis
2oz Mango
4oz Ice Cream
1oz Orange Juice
Float Grenadine. (optional)

Blended Mocha
6oz Ice Cream
1oz Espresso
.5oz Chocolate Syrup

Watermelon Dream
6oz Ice Cream
1oz Monin Watermelon

Strawberries n’ Cream
5oz Strawberry
2oz Ice Cream

Candy Cane
6oz Ice Cream
1oz Monin Peppermint
1tbsp Candy Cane Bits

White Chocolate Strawberry Cheesecake
3oz Strawberry
2oz Ice Cream
1oz White Chocolate Syrup
5oz Monin Vanilla
1tbsp Graham Cracker Crumbs
1tbsp Cream Cheese
Blend and top with Whipped Cream and Graham Cracker Crumbs.

Apple Pie A La Mode
6oz Ice Cream
1oz Monin Caramel Smith Apple
.5oz Monin Caramel
1 Graham Cracker Crumbs
Dash Nutmeg

Turtle
6oz Ice Cream
1oz Chocolate Syrup
1tbsp Crushed Pecans
Garnish with Whipped Cream and Pecans.

Island S’more
6oz Ice Cream
1oz Chocolate Syrup
Handful of Mini Marshmallows
1tbsp Graham Cracker Crumbs

Carmel Charge
4oz Ice Cream
1oz Monin Caramel
2oz Espresso

Neapolitan
3oz Strawberry
4oz Ice Cream
1oz Chocolate Syrup
Syrup on bottom of cup, blend Ice Cream and Strawberry.

Chocolate Covered Cherry
1oz Strawberry
6oz Ice Cream
Cherry Juice
1oz Chocolate Syrup

Freeze Willy
3oz Raspberry
1oz Piña Colada
3oz Ice Cream

Razzberetto
4oz Raspberry
2oz Ice Cream
1oz Monin Amaretto

Peach Cobbler
5oz Peach
1oz Ice Cream
1oz Monin Pumpkin Spice

Toffee Nut Slide
2oz Cappuccino
4oz Ice Cream
1oz Monin Toffee Nut
Swirl Caramel in cup and garnish with Whipped Cream.

Gingerbread Shake
6oz Ice Cream
1oz Monin Gingerbread
Garnish with Whipped Cream and Gingerbread Cookie.

Pumkin Spice Smoothie
6oz Ice Cream
1oz Monin Pumpkin

Orange Cream
6oz Ice Cream
1oz Monin Mandarin
Garnish with Whipped Cream and an orange slice.

Cherry Chip Smoothie
6oz Ice Cream
1oz Monin Cherry
1tbsp. Mini Chocolate Chips
Garnish with Whipped Cream, drizzled Chocolate Syrup and finish with a cherry.

Banana's Foster Cider Shake
3oz Banana
2oz Ice Cream
.25oz Monin Chai Tea
2oz Apple Cider

Green Oreo® Mint
6oz Ice Cream
1tbsp Oreo® Cookies
1oz Monin Green Mint

Cherry Chip
6oz Ice Cream
1oz Monin Cherry
1tbsp Mini Chocolate Chips

Peanut Butter and Banana Shake
3oz Banana
4oz Ice Cream
2 Reese’s® Peanut Butter Cups

Kiwi Shake
6oz Ice Cream
1oz Monin Kiwi
**Mango Smoothie**
5oz Mango
2oz Non-Fat Yogurt

**Mango Sunrise**
5oz Mango
2oz Strawberry
Blend Mango, pour over Strawberry.

**Fuzzy Mango**
4oz Mango
3oz Peach

**Mango Twister**
5oz Mango
2oz Lemonade

**Tropicolada**
2oz Mango
4oz Piña Colada
1oz Banana

**Mango Colada**
4oz Mango
3oz Piña Colada

**Tropical Bling**
3oz Mango
1oz Banana
2oz Piña Colada
1oz Passion Fruit

**Mango Frosty**
5oz Mango
2oz Ice Cream

**Raspberry Lemonade**
3oz Lemonade
4oz Raspberry

**Electric Lemonade**
6oz Lemonade
1oz Monin Blue Curacao

**Wildberry Lemonade**
5oz Lemonade
2oz Wildberry

**Lemon Ice**
5oz Lemonade
2oz Ice Cream

**Bomb Pop**
6oz Lemonade
1oz Strawberry
5oz Monin Blue Curacao
Blend Lemonade, pour over Strawberry and float Blue Curacao.

**Fruit Fusion**
3oz Mango
3oz Strawberry
1oz Raspberry

**Bango Bash**
4oz Mango
2oz Banana
1oz Non-Fat Yogurt

**Orange Cream**
2oz Mango
3oz Ice Cream
2oz Orange Juice

**Twisted Lemonade**
6oz Lemonade
1oz Strawberry
(can also use Raspberry, Mango, Wildberry, Guava or Peach)
Blend Lemonade and pour over Strawberry.

**Watermelon Jolly Rancher**
5oz Lemonade
1oz Sour
1oz Monin Watermelon

**Papaya Smoothie**
5oz Papaya
2oz Non-Fat Yogurt
or Ice Cream

**Flu Buster**
1oz Papaya
3oz Strawberry
2oz Banana
1oz Orange Juice

**Papaya Delight**
2oz Papaya
3oz Strawberry
2oz Banana

**Papaya Colada**
3oz Papaya
4oz Piña Colada
Passion Fruit Smoothie
5oz Passion Fruit
2oz Non-Fat Yogurt or Ice Cream

Stormy Passion
5oz Passion Fruit
2oz Hurricane

POG
4oz Passion Fruit
2oz Guava
1oz Orange Juice

Passion Berry
2oz Passion Fruit
5oz Strawberry

Tropical Passion
4oz Passion Fruit
2oz Wildberry
1oz Non-Fat Yogurt

Peach Smoothie
5oz Peach
2oz Non-Fat Yogurt

Sunny Side
5oz Peach
2oz Passion Fruit
.5oz Grenadine (float)

Peach Cooler
2oz Peach
2oz Mango
3oz Banana

Peaches n’ Cream
5oz Peach
2oz Ice Cream

Peach Basket
3oz Peach
2oz Piña Colada
2oz Mango
1oz Strawberry (float)

Berry Peachy
5oz Peach
2oz Raspberry

Peach Melba
3oz Peach
3oz Raspberry
1oz Ice Cream

Peach Cobbler
5oz Peach
1oz Ice Cream
1oz Monin Pumpkin Spice

Peach Basket
3oz Peach
2oz Piña Colada
2oz Mango
1oz Strawberry (float)

Peaches n’ Cream
5oz Peach
2oz Ice Cream

Peach Cooler
2oz Peach
2oz Mango
3oz Banana

Classic Colada
7oz Piña Colada
Try a flavored colada blended or swirled with an oz of the following flavors: Strawberry, Raspberry, Peach, Mango, Wildberry, Guava, Passion Fruit, Papaya or Mango.

Lava Flow
7oz Piña Colada
1oz Strawberry
Blend Piña Colada and pour over Strawberry.

Hawaiian Punch
6oz Piña Colada
.75oz Monin Amaretto
1oz Orange Juice

Jamaican Punch
5oz Piña Colada
2oz Mango
.5oz Grenadine

Kiwi Colada
6oz Piña Colada
1oz Monin Kiwi

Mango Colada
3oz Piña Colada
4oz Mango

Playground Punch
4oz Piña Colada
3oz Strawberry
1oz Pineapple Juice

Koala Kolada
5oz Piña Colada
2oz Ice Cream

Green Apple Colada
6oz Piña Colada
1oz Monin Green Apple
## Raspberry

<table>
<thead>
<tr>
<th>Smoothie</th>
<th>Fruit</th>
<th>Yoghurt or Ice Cream</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Raspberry Smoothie</strong></td>
<td>5 oz Raspberry</td>
<td>2 oz Non-Fat Yogurt or Ice Cream</td>
</tr>
<tr>
<td><strong>Aloha Berry</strong></td>
<td>4 oz Raspberry</td>
<td>2 oz Piña Colada 1 oz Monin Amaretto</td>
</tr>
<tr>
<td><strong>Cape Cod Crush</strong></td>
<td>5 oz Raspberry</td>
<td>2 oz Sour</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Smoothie</th>
<th>Fruit</th>
<th>Yoghurt or Ice Cream</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Raspberry Razzler</strong></td>
<td>5 oz Raspberry</td>
<td>2 oz Non-Fat Yogurt</td>
</tr>
<tr>
<td><strong>Raspberry Co-Co Flow</strong></td>
<td>1 oz Raspberry</td>
<td>7 oz Piña Colada Pour blended Piña Colada into Raspberry.</td>
</tr>
<tr>
<td><strong>Purple Potion</strong></td>
<td>5 oz Raspberry</td>
<td>2 oz Ice Cream</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Smoothie</th>
<th>Fruit</th>
<th>Yoghurt or Ice Cream</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tropical Twister</strong></td>
<td>4 oz Raspberry</td>
<td>3 oz Mango</td>
</tr>
<tr>
<td><strong>Cocoberry Flip</strong></td>
<td>3 oz Raspberry</td>
<td>4 oz Piña Colada</td>
</tr>
<tr>
<td><strong>Berry Refresher</strong></td>
<td>4 oz Raspberry</td>
<td>2 oz Strawberry 1 oz Non-Fat Yogurt</td>
</tr>
</tbody>
</table>

## Strawberry

<table>
<thead>
<tr>
<th>Smoothie</th>
<th>Fruit</th>
<th>Yoghurt or Ice Cream</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Strawberry Smoothie</strong></td>
<td>5 oz Strawberry</td>
<td>2 oz Non-Fat Yogurt</td>
</tr>
<tr>
<td><strong>Tutti-Frutti</strong></td>
<td>3 oz Strawberry</td>
<td>2 oz Banana 2 oz Peach</td>
</tr>
<tr>
<td><strong>Strawberry Lemonade</strong></td>
<td>5 oz Strawberry</td>
<td>2 oz Lemonade</td>
</tr>
<tr>
<td><strong>Strawberry n' Cream</strong></td>
<td>5 oz Strawberry</td>
<td>2 oz Ice Cream</td>
</tr>
<tr>
<td><strong>PB n' J</strong></td>
<td>5 oz Strawberry</td>
<td>2 oz Ice Cream 1 tblsp Peanut Butter</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Smoothie</th>
<th>Fruit</th>
<th>Yoghurt or Ice Cream</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Neapolitan</strong></td>
<td>3 oz Strawberry</td>
<td>4 oz Ice Cream 1 oz Chocolate Syrup Syrup on bottom of cup, blend Ice Cream and Strawberry.</td>
</tr>
<tr>
<td><strong>Burst O' Berry</strong></td>
<td>5 oz Strawberry</td>
<td>2 oz Ice Cream</td>
</tr>
<tr>
<td><strong>Strawberry Banana Smoothie</strong></td>
<td>3 oz Strawberry</td>
<td>2 oz Banana 2 oz Non-Fat Yogurt</td>
</tr>
<tr>
<td><strong>Strawberry Passion</strong></td>
<td>5 oz Strawberry</td>
<td>2 oz Banana</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Smoothie</th>
<th>Fruit</th>
<th>Yoghurt or Ice Cream</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fruit Passion</strong></td>
<td>3 oz Strawberry</td>
<td>2 oz Mango 1 oz Banana 1 oz Peach</td>
</tr>
<tr>
<td><strong>Chocoberry Covered Cherry</strong></td>
<td>1 oz Strawberry</td>
<td>6 oz Ice Cream Cherry Juice 1 oz Chocolate Syrup</td>
</tr>
</tbody>
</table>

## Wildberry

<table>
<thead>
<tr>
<th>Smoothie</th>
<th>Fruit</th>
<th>Yoghurt or Ice Cream</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wildberry Smoothie</strong></td>
<td>5 oz Wildberry</td>
<td>2 oz Non-Fat Yogurt or Ice Cream</td>
</tr>
<tr>
<td><strong>Wild n' Sour</strong></td>
<td>5 oz Wildberry</td>
<td>2 oz Lemonade</td>
</tr>
<tr>
<td><strong>Wildberry Colada</strong></td>
<td>4 oz Wildberry</td>
<td>3 oz Piña Colada</td>
</tr>
<tr>
<td>Batch Recipes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>---------------</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| **Bananaberry**  
3qts Strawberry  
2qts Banana  
7qts Water  |
| **Bango Bash**  
2qts Mango  
2qts Banana  
1qt Non-Fat Yogurt  
7qts Water  |
| **Berry Lemonade**  
2qts Wildberry  
3qts Lemonade  
7qts Water  |
| **Berry Appealng**  
3qts Raspberry  
1qt Banana  
1qt Non-Fat Yogurt  
7qts Water  |
| **Berry Lemonade**  
3qts Lemonade  
7qts Water  |
| **Burst O’ Berry**  
4qts Strawberry  
1qt Ice Cream  
7qts Water  |
| **Cappuccino**  
5qts Cappuccino  
7qts Water  |
| **Cappuccino**  
5qts Cappuccino  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
| **Cocoberry Flip**  
3qts Raspberry  
2qts Piña Colada  
7qts Water  |
Fruit Smoothies
Freshly frozen fruit blended to perfection with all-natural fruit juice and a touch of ice cream or fat-free yogurt.

287 calories
8g fat / 44g carbs
5g fiber / 4g protein

Power Shake
The ultimate meal replacement! A low-calorie, high-nutrient blend with 100% of your daily vitamins and minerals.

346 calories
2-6g fat / 64g carbs
7g fiber / 21g protein

Muscle Builder
This is a high-calorie, high-nutrient shake LOADED with muscle-fueling carbs and whey protein. The MB is formulated specifically to feed exhausted muscle tissue and pack on quality lean body mass.

546 calories
4-8g fat / 81g carbs
8g fiber / 32g protein

For more information and a list of powders, a
Looking to flat out burn fat? This is our power shake teamed with the most effective and safe “fat stack” ever. Pyruvate and chromium P. will spare blood sugar and metabolize fat even while you’re at rest.

346 calories
2-6g fat / 64g carbs
7g fiber / 21g protein

Power shake with a pep! This is the ultimate meal replacement blended with the most cutting-edge, herbal-energizing supplements available. Perfect for breakfast or pre-workout.

346 calories
2-6g fat / 64g carbs
7g fiber / 21g protein

50 whopping grams of ion exchange whey protein. This is a high-protein, low-carb prescription. At 47% carb calories, it is the ideal ratio for a low-carb meal replacement and the most protein ever seen in a smoothie.

278 calories
2-5g fat / 33g carbs
3g fiber / 33g protein

Any flavor, mix ‘em up or add any supplement!
Frozen Passion
Fruit Mojito
6oz Passion Fruit
.75oz Monin Mojito Mint

Frozen Mango Mojito
6oz Mango
.75oz Monin Mojito Mint

Cherry Chip Shake
5.5oz Ice Cream
1.5oz Monin Dark Cherry
1tbs Mini Chocolate Chips

Chocolate Mint
Chip Shake
5.5oz Ice Cream
1.5oz Monin Peppermint
1tbs Mini Chocolate Chips

Tangy Key Lime Pie
Smoothie
5.5oz Ice Cream
1.5oz Monin Key Lime Pie
Tropical Oasis
6oz Strawberry
.5oz Monin Kiwi Syrup

Orange Cream Smoothie
5.5oz Ice Cream or Non-Fat Yogurt
1.5oz Monin Candied Orange

Blue Banana
6oz Banana
1oz Monin Blue Curacao

Virgin Nutty Irishmen
6oz Ice Cream
.5oz Monin Hazelnut
.5oz Monin Irish Cream

Frozen Watermelon Lemonade
5oz Lemonade
2oz Monin Watermelon

Frozen Green Apple Lemonade
5oz Lemonade
2oz Monin Granny Smith

Gingerbread Shake
5.5oz Ice Cream
1.5oz Monin Gingerbread

Virgin Mudslide
5.5oz Ice Cream
.5oz Monin Espresso
.5oz Monin Irish Cream
.5oz Chocolate Sauce