

Recipes

100% Fruit & Veggie Smoothie

Yield 16 oz finished beverage

2½ oz water

5½ oz Dr. Smoothie 100% Fruit & Veggie Concentrate

16 oz – 18 oz cup of ice

Add the ingredients in the order listed above and blend.

Taste Profile A flavorful blend of fruits and vegetables.

Blend-in Options

1 paper-thin slice of fresh ginger, or to taste

1 cup of spinach or kale with half of an apple

2 oz pineapple, mango, or strawberry chunks

2 inches of a banana

Creamy Fruit & Veggie Shake

Yield 16 oz finished beverage

3 oz water

4 oz Dr. Smoothie 100% Fruit & Veggie Concentrate

1 (48cc) scoop Cafe Essentials Vanilla Cream

16 oz – 18 oz cup of ice

Add the ingredients in the order listed above and blend.

Taste Profile An ice cream shake version of our veggie smoothies.

The “Ultimate” Fruit & Veggie Smoothie

Yield 16 oz finished beverage

2½ oz water

5½ oz Dr. Smoothie 100% Fruit & Veggie Concentrate

1 (14.7 cc) scoop Cafe Essentials Yogurt Lover’s Plus

16 oz – 18 oz cup of ice

Add the ingredients in the order listed above and blend.

Taste Profile A creamy-textured fruit and vegetable medley with added pre and pro-biotics.

Fruit & Veggie Protein Shake

Yield 20 oz finished beverage

2 oz water

4 oz Dr. Smoothie 100% Fruit & Veggie Concentrate

1 (70cc) scoop Smoothiecuticals Vanilla Whey Protein

16 oz – 18 oz cup of ice

Add the ingredients in the order listed above and blend.

Taste Profile Creamy vanilla with fruit and vegetable accents, and an added 20 grams of protein.



Farmer's Market

Yield 16 oz finished beverage

3 oz tomato juice

3 oz Dr. Smoothie Butternut Squash,
Mango & Veggies Concentrate

2 oz Dr. Smoothie Carrot-Orange Vegetable Medley Concentrate

2 – 3 sprigs of parsley

16 oz – 18 oz cup of ice

Add the ingredients in the order listed above and blend.

Taste Profile A flavorful bouquet of fruits and vegetables one might find at their local farmer's market. A brothy veggie blend with sweet tomato tones.

Squash 'n Mangos

Yield 16 oz finished beverage

2 oz water

4 oz Dr. Smoothie Butternut Squash,
Mango & Veggies Concentrate

2 oz Dr. Smoothie Mango Tropics Concentrate

16 oz – 18 oz cup of ice

Add the ingredients in the order listed above and blend.

Taste Profile Everything you love about our Butternut Squash, Mango & Veggies smoothie, but with much more mango

Ambrosia

Yield 16 oz finished beverage

2 oz water

3 oz Dr. Smoothie Butternut Squash,
Mango & Veggies Concentrate

3 oz Dr. Smoothie Carrot-Orange Vegetable Medley Concentrate

16 oz – 18 oz cup of ice

Add the ingredients in the order listed above and blend.

Taste Profile A wide range of tastes melt together very well with a mango and squash pop. Start adding the options below to create a new twist on the traditional ambrosia salad.

Blend-in Options

For a sweeter, creamier ambrosia profile, add 1 – 2 teaspoons of Cafe Essentials Vanilla Cream before blending.

For a nutty ambrosia profile, start by pulsing in ½ teaspoon of our Doctor's Garden mix, or 1 teaspoon of chopped walnuts, and then adjust amount to taste

Top beverage with whipped cream and colorful marshmallows

