

Recipes

What's Up, Doc?

Yield 16 oz finished beverage

2 oz water

2 oz Dr. Smoothie Carrot-Orange Vegetable Medley Concentrate

2 oz Dr. Smoothie Mango Tropics Concentrate

2 oz Dr. Smoothie Pineapple Paradise Concentrate

½ (48cc) scoop Cafe Essentials Vanilla Cream

A pinch of ground nutmeg (optional)

16 oz – 18 oz cup of ice

Add the ingredients in the order listed above and blend.

Taste Profile Unbelievable mango and carrot, with pineapple, coconut, and ice cream notes.

Heart Beet

Yield 16 oz finished beverage

2 oz water

5 oz Dr. Smoothie Carrot-Orange Vegetable Medley Concentrate

2 oz chopped beets

16 oz – 18 oz cup of ice

Add the ingredients in the order listed above and blend.

Taste Profile Carrot-orange with cascading semi-sweet beet.

Carrot Colada

Yield 16 oz finished beverage

2 oz water

2 oz Dr. Smoothie Carrot-Orange Vegetable Medley Concentrate

3 oz Dr. Smoothie Pineapple Paradise Concentrate

1 tbsp. coconut flakes (pulse in after blended)

16 oz – 18 oz cup of ice

Add the ingredients in the order listed above and blend.

Pulse in coconut flakes for 3 seconds.

Taste Profile Pineapple-orange taste, with a carrot background, and coconut bits.

Carrot-Orange Celery

Yield 16 oz finished beverage

2 ½ oz water

5 ½ oz Dr. Smoothie Carrot-Orange Vegetable Medley Concentrate

One stalk of celery

16 oz – 18 oz cup of ice

Add the ingredients in the order listed above and blend.

Taste Profile Bright carrot-orange with a clean and crisp celery finish.



100% Fruit & Veggie Smoothie

Yield 16 oz finished beverage

2 ½ oz water

5 ½ 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

2 ½ oz water

5 ½ 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.

Tropical Splendor

Yield 16 oz finished beverage

2 oz water

4 oz Dr. Smoothie Carrot-Orange Vegetable Medley Concentrate

2 oz Dr. Smoothie Strawberry Concentrate

16 oz – 18 oz cup of ice

Add the ingredients in the order listed above and blend.

Taste Profile A delightfully unexpected take on tropical. This collection of prominent flavors accomplish much more together than they do alone.

Blend-in Option Add a little orange zest and 2 inches of banana to enhance your taste experience.

