

# FIT LYTE™

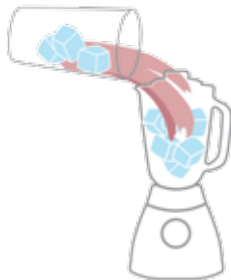
A REDUCED CALORIE FRUIT SMOOTHIE

## Blending Preparation



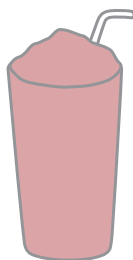
1. Adjust the ice or product portions to arrive at the proper taste profile that is not too sweet or too weak. For a 16 oz cup use 8 oz FIT-LYTE, 20 oz cup uses 10 oz FIT-LYTE etc. Adjust to taste.

**METHOD 1:** Measure 1/2 of the cup size (8 oz for 16 oz, 9 oz for 18 oz etc) in a measuring cup, then pour over ice. Mark that fill line as a sample, and pour to that line going forward.



**METHOD 2:** Measure 8 oz FIT-LYTE and pour over ice. Add 1 oz or 2 oz water. Adjust to taste.

2. Blend



3. Serve

NOTE: Depending on your type of ice, adjust with more or less ice, product or add water.

Most 16 oz cups are actually 18 oz flush fill, so be sure to take that into account.

**Enjoy!**

**Dr. Smoothie®**

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