

# Great Tasting Smoothie Recipes

(Each recipe requires 2 rounded Tablespoons of MacaManna) (All Fruits can be Fresh or Frozen)

## Megan's Favorite

1½ Cups – Rice, Almond, Soy or whole Milk  
1 Tbsp. – Almond or Peanut Butter  
4 Dates  
4 Ounces – Plain or Vanilla Yogurt  
1 Tsp. – Bee Pollen  
½ Tsp. – Cinnamon

## Island Holiday

½ Cup Papaya Juice  
½ Cup Pineapple Juice  
½ Cup Guava Juice  
½ Cup Orange Juice

## Summer Lunch

1 Banana  
1 Tbsp. – Sesame Seed (Tahini), Peanut  
or Almond Butter  
2 Cups – Rice, Soy, Almond,  
Goat's or whole Milk  
1 Tbsp. – Maple Syrup

## Winter Energizer

1½ Cups – Rice, Soy, Almond or whole Milk  
½ Cup – Black Cherry Juice  
1 Banana

## Jim's Formula

2 Cups – Goat's or whole Milk  
1 Tbsp. – Vanilla Protein Powder  
2 Tbsp. – Flax or Sunflower Oil

## The Hot Tomato

1½ Cups – Tomato Juice  
Fresh Cucumber Slices  
1 to 2 Stalks of Celery  
Green, Red and/or Yellow Peppers  
1 Tsp. – Cayenne Pepper  
1 Tbsp. – Sour Cream  
Dash of Tabasco Sauce  
Season to Taste (Salt, Pepper, etc.)

## Evacu-Maca

¾ Cup Prune Juice  
¾ Cup Apricot Juice  
½ Cup Orange Juice

## Crazy About Cocoa

2 Cups – Rice, Almond, Soy or whole Milk  
1 Tbsp. – Carob or Cocoa Powder  
1 Tbsp. – Honey

## Too Healthy To Be True

2 Cups – Carrot Juice  
2 to 3 – Sprigs of Parsley  
1 Apple (Sliced)

## Lee's Exotica

1 Banana  
1 Cup – Orange Juice  
½ Cup – Pineapple Chunks  
½ Cup – Papaya Chunks  
½ Cup – Mango Chunks  
½ Cup – Sliced Strawberries  
½ Cup – Sliced Kiwi  
½ Cup – Crushed Ice