

SPICED CHERRY SMOOTHIE

(WITH TURMERIC AND GINGER)

Ingredients (Frozen fruits, fresh spices, and juices):

Recipe for 8 servings (each 8 oz or 242 g)

2 cups (280 g)	20 grams (20 g) Fresh Ginger
Tart Montmorency Cherries	2 cups (280 g) Apples
1-1/4 cups (175 g) Red Raspberries	9 fl oz (270 g) Apple Juice
1-1/2 cups (210 g) Strawberries	22 fl oz (660 g) Tart Montmorency Cherry Juice
40 grams (40 g) Fresh Turmeric	

Directions: Add all the fruits and juices in the blender and blend until smooth.

Nutrition Facts Serv. size: 8 fl oz (237mL), Amount per serving: **Calories 120, Total Fat 0g** (0% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 30mg (1% DV), **Total Carb.** 29g (11% DV), Fiber 2g (7% DV), Total Sugars 22g (Incl. 0g Added Sugars, 0% DV), **Protein** 1g, Vit. D (0% DV), Calcium (2% DV), Iron (6% DV), Potas. (6% DV).



CHERRY TROPICAL SMOOTHIE

Ingredients (Frozen fruits and juices):

Recipe for 8 servings (each 8 oz or 242 g)

1-1/2 cups (210 g) Tart Montmorency Cherries
2-3/4 cups (385 g) Pineapple
2-3/4 cups (385 g) Mango
1-1/4 cups (175 g) Apples
18 fl oz (540 g) Apple Juice
8 fl oz (240 g) Tart Montmorency Cherry Juice

Directions: Add all the fruits and juices in the blender and blend until smooth.

Nutrition Facts Serv. size: 8 fl oz (237mL), Amount per serving: **Calories 130, Total Fat 0g** (0% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 20mg (1% DV), **Total Carb.** 32g (12% DV), Fiber 2g (7% DV), Total Sugars 23g (Incl. 0g Added Sugars, 0% DV), **Protein** 1g, Vit. D (0% DV), Calcium (2% DV), Iron (6% DV), Potas. (4% DV).



CHERRY GREENS SMOOTHIE

(WITH KALE AND SPINACH)

Ingredients (Frozen fruits, vegetables, and juices):

Recipe for 8 servings (each 8 oz or 241 g)

1-1/2 cups (210 g) Tart Montmorency Cherries
2 cups (150 g) Kale (Chopped)
1-3/4 cups (150 g) Spinach (Chopped)
2 cups (280 g) Apples
13 fl oz (390 g) Apple Juice
25 fl oz (750 g) Tart Montmorency Cherry Juice

Directions: Add all the fruits, vegetables, and juices in the blender and blend until smooth.

Nutrition Facts Serv. size: 8 fl oz (237mL), Amount per serving: **Calories 120, Total Fat 0g** (0% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 65mg (3% DV), **Total Carb.** 28g (10% DV), Fiber 2g (7% DV), Total Sugars 22g (Incl. 0g Added Sugars, 0% DV), **Protein** 2g, Vit. D (0% DV), Calcium (4% DV), Iron (6% DV), Potas. (4% DV).



BERRY CHERRY SMOOTHIE

Ingredients (Frozen fruits and juices):

Recipe for 8 servings (each 8 oz or 241 g)

2 cups (280 g) Tart Montmorency Cherries
1/2 cup (70 g) Strawberries
1/2 cup (70 g) Blackberries
1/2 cup (70 g) Red Raspberries
1/2 cup (70 g) Dark Sweet Cherries
1/2 cup (70 g) Blueberries
2 cups (280 g) Apples
10 fl oz (300 g) Apple Juice
24 fl oz (720 g) Cherry Juice

Directions: Add all the fruits and juices in the blender and blend until smooth.

Nutrition Facts Serv. size: 8 fl oz (237mL), Amount per serving: **Calories 130, Total Fat 0g** (0% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 35mg (2% DV), **Total Carb.** 30g (11% DV), Fiber 2g (7% DV), Total Sugars 24g (Incl. 0g Added Sugars, 0% DV), **Protein** 1g, Vit. D (0% DV), Calcium (2% DV), Iron (6% DV), Potas. (6% DV).