

# Nutrition Goin' Down *Smooth*

## APPLICATIONS

The best way to get all the vitamins, minerals, and nutrients you need is to eat a variety of colorful fruits and vegetables. MicroDried® makes it easy to create nutrient-packed healthy creations with our 100% whole fruit and vegetable ingredients. All MicroDried products are shelf-stable with low moisture and water activity, and ready-to-eat with no added ingredients. By including a variety of MicroDried fruits and vegetables in your **smoothie application** you get an array of nutrients and healthy fiber to fill you up and promote a healthy digestive system. Phytonutrients in every color of the rainbow!



### Hello Yellow

- 2 tablespoons pineapple powder
- 2 tablespoons banana powder
- 1 tablespoon apple powder
- 1 tablespoon goldenberry powder
- 1 tablespoon carrot powder
- ½ tablespoon orange powder

### Green Envy

- 2 tablespoons apple powder
- 2 tablespoons banana powder
- 2 tablespoons pineapple powder
- 1 tablespoon spinach powder
- ½ tablespoon zucchini powder



### True Blue

- 2 tablespoons blueberry powder
- 2 tablespoons blackberry powder
- 1 tablespoon raspberry powder
- 1 tablespoon beet powder
- ½ tablespoon spinach powder

### Orange Up

- 2 tablespoons mango powder
- 2 tablespoons pineapple powder
- 1 tablespoon peach powder
- 1 tablespoon pumpkin powder
- ½ tablespoon carrot powder



### Red Zone

- 2 tablespoons strawberry powder
- 2 tablespoons raspberry powder
- 1 tablespoon red tart cherry powder
- 1 tablespoon carrot powder
- ½ tablespoon beet powder

For our smoothie blends listed above, combine 1 cup of ice with 1 cup of milk of choice, protein drink or orange juice and the MicroDried® powder blend in a high-powered blender and blend until combined. Add more ice/liquid for desired consistency.