

# BLAST CONCOCTION IDEAS

## CRANBERRY-GRAPE ORANGE SMOOTHIE

### 2 oz Cranberry-Grape Blast Mixer

1 cup almond milk  
 ½ cup greek yogurt  
 ⅔ cup frozen cranberries  
 2 oranges

Peel, segment and seed the orange. Combine the almond milk, yogurt, cranberries, oranges, and Cranberry-Grape Blast Mixer in a blender until smooth.

## TROPICAL BERRY SMOOTHIE

### 5 oz Tropical Blast Mixer

½ cup greek yogurt  
 6 tablespoons frozen blueberries  
 ¾ cup ice

Blend Tropical Blast Mixer, greek yogurt, frozen blueberries and ice in a blender until smooth.

**1 oz per 8 oz drink / 33 Servings per bottle / B-Vitamins /  
 Made in the USA / 0g Total Fat**

## BASIL BEET BLENDER JUICE

### 2 oz Classic Blast Mixer

1 large beet  
 1 large crisp apple  
 2 carrots  
 ½ cup fresh basil leaves  
 1.5 cups water

Add Classic Blast Mixer, large beet, crisp apple, carrots, fresh basil leaves and water into a blender. Blend until smooth. Strain pulp out of juice. Serve chilled.

## JUICE GENERATION GREEN DRINK

### 2 oz Lemon Blast Mixer

1 banana  
 1 cucumber  
 6 oz apple juice  
 1 cup raw green kale  
 Small chunk of raw, unpeeled ginger

Freeze peeled banana, thinly sliced and chopped cucumber overnight. Add Lemon Blast Mixer, apple juice, raw green kale (stems removed), and ginger to a blender. Process on high for 20-30 seconds.

COLD BLAST. COLUMBUS, OHIO

What can you think of next? These are just a few ideas that align with your menu!

