



Blasted Blueberry Smoothie

- ★ 1 oz Cran-Grape Blast Mix
- ★ 1 cup Frozen Blueberries
- ★ 1 cup Almond Milk
- ★ 1 tbsp Maple Syrup
- ★ 1 tbsp Hemp Seed
- ★ 1 tsp Cinnamon
- ★ ½ tsp Vanilla Extract
- ★ 1 Cup Ice
- ★ Blend, Serve & Enjoy

IDEA CONCOCTION MENU JUICES & DRINKS

YOGI BERRY

- ★ 1 Banana
- ★ 1 cup Yogurt
- ★ 1 oz Cran-Grape Blast Mix
- ★ 7 oz Diet-lemon-lime soda or water
- ★ 1 cup Blueberries
- ★ 1 Cup Ice Cubes
- ★ Blend, Serve & Enjoy!

Take on the week like the boss you are!



JUICE GENERATION GREEN DRINK

- ★ 2 oz Electric Lemon Blast Mix
- ★ 1 Banana
- ★ 1 Cucumber
- ★ 6 oz Apple Juice
- ★ 1 Cup Raw Green Kale
- ★ Small Chunk of Raw Ginger
 - Blend, Enjoy & make the day happen!

