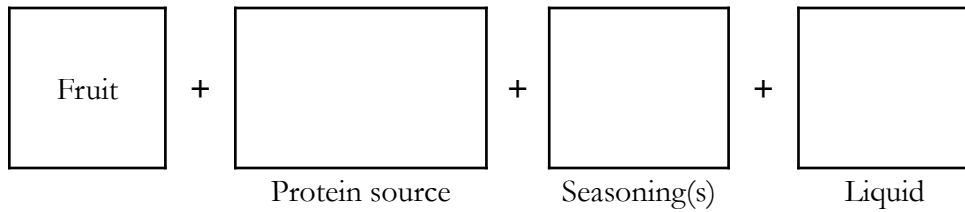


Breakfast Smoothie Recipe Framework



Ideas

| | | | |
|--------------|----------------|----------|-----------------|
| banana | yogurt | honey | water |
| peach | protein powder | stevia | ice |
| nectarine | nut butters | cinnamon | milk |
| strawberries | | vanilla | almond/nut milk |
| blueberries | | | rice milk |
| blackberries | | | soy milk |
| etc. | | | |

Directions: Combine all ingredients in a deep glass or pitcher. Process with your hand blender to desired consistency.