

## Refreshing Strawberry Banana Acai Smoothie

As the days get hotter, all I want is a cold refreshing drink, but I also need caffeine to chase around two kids. This drink mixes the smooth flavor of banana with tart strawberry and blackberry to create a cool afternoon jolt that keeps me going.

Yield: 1, 16 oz. Drink

### Ingredients:

- 6 oz. of Dr. Smoothie Strawberry Acai Refreshers
- 2 oz. of Dr. Smoothie Banana Smoothie
- 100% Crushed Fruit Smoothie Concentrate
- 3 Blackberries
- 8 oz. of Ice

*Optional garnish: blackberries & banana slices*

**Directions:** Pour the liquids, then the berries and finally the ice into the blender. Blend all of the ingredients until smooth. Pour into your favorite frosted glass and enjoy.

## Tropical Rhubarb Delight

When grocery shopping in the summer, it's hard not to be enticed by all the colors and scents of the fruit and veggie section. After spotting the rhubarb I couldn't help myself – I had to try out a new drink. The variety of ingredients creates a unique beverage that tingles the taste buds. Add rum or vodka to make it a cocktail!

Yield: 1, 16 oz. Drink

### Ingredients:

- 2 oz. of Dr. Smoothie Tropical Sunshine 100% Crushed Smoothie
- 4 oz. of Dr. Smoothie Strawberry Acai Refreshers
- 2 oz. (or 4 pumps) of Monin Desert Pear Syrup
- 2 inches of peeled Rhubarb (about 2 tbsp.)
- 2 slices of Kiwi
- 1 juiced Key Lime
- 6 oz. of Ice

*Optional garnish: sliced kiwi, pear & rhubarb*

**Directions:** Add all ingredients to the blender (first liquids, then produce and finally ice). Blend until smooth. Pour the blend into a tall glass and enjoy it on your patio!





## Refreshing Frozen Peach Lemonade

With summer finally here, what's better to cool off with than a frozen lemonade? It's just what the doctor ordered. With a hint of peach and mint, it's the perfect drink made frozen, over ice, and even in popsicle form for those hot days when you need to beat the heat.

Yield: 1, 16 oz. Drink

### Ingredients:

- 3.5 oz. of Dr. Smoothie Lemon-Ade 100% Crushed Fruit Smoothie Concentrate
- 1.5 oz. of Dr. Smoothie Organic Peach Smoothie Concentrate
- 2 oz. of Dr. Smoothie Citrus Mint Refreshers
- 1 oz. of Water (or an alcohol of choice for a fun and refreshing alcoholic frozen drink)
- 8 oz. of Ice

*Optional garnish: sliced peach, lemon & mint leaves*

**Directions:** Pour the Dr. Smoothie Lemon-Ade, Organic Peach, Citrus Mint Refreshers, water, and ice into a blender. Blend to perfection and enjoy.

## Refreshing Frozen Peach Lemonade Popsicles

With summer finally here, what's better to cool off with than a frozen lemonade? It's just what the doctor ordered. With a hint of peach and mint, it's the perfect drink made frozen, over ice, and even in popsicle form for those hot days when you need to beat the heat.

Yield: 4, 4 oz. Popsicles

### Ingredients:

- 6 oz. of Dr. Smoothie Lemon-Ade 100% Crushed Fruit Smoothie
- 3 oz. of Dr. Smoothie Organic Peach Smoothie Concentrate
- 2 oz. of Dr. Smoothie Citrus Mint Refreshers
- 1 oz. of Water
- 8 oz. Ice

**Directions:** Pour Dr. Smoothie Lemon-Ade, Organic Peach, Citrus Mint Refreshers, and ice into a blender. Blend until the ice is completely blended and the flavors are mixed together. Pour into the popsicle mold. You can add fresh fruit, mint, edible flowers, or anything else you want to customize your popsicle. Then place the full popsicle molds in the freezer until completely frozen.





## Berry Mojito

This fun spin on a mojito is a great poolside cocktail. The crisp hint of mint and sweetness of berry paired with rum is the perfect treat to beat the heat of summer. The layered presentation will be a great conversation piece at your next party!

Yield: 1, 12 oz. Drink

### Ingredients:

- 2 oz. of Dr. Smoothie Northwest Berry 100% Crushed Fruit Smoothie Concentrate
- 5 oz. of Dr. Smoothie Citrus Mint Refreshers
- 4 oz. of Sparkling Water
- 1 oz. of Water (or Rum)
- A squeeze of Lime

*Optional garnish: strawberries, blueberries, mint leaves*

**Directions:** In the bottom of your glass, muddle together lime and mint leaves. Stir in 2 oz. of Dr. Smoothie Northwest Berry and 1 oz. of white rum. Fill the glass with ice. For a layered look, take a spoon over your glass and slowly pour 5 oz. of citrus mint over the back of the spoon. Follow with the same technique using 4 oz. of sparkling water. Garnish with blueberries, lime, and mint leaves.

## Matcha Mia

Matcha Mia! Here I go again, making this drink for all my friends. Get ready to enjoy matcha tea and mint together! This is obviously not a traditional way to use matcha, but I can assure you'll love every sip of this blended minty drink. So, put that blender to work and make lots of it to share with everyone on your list.

Yield: 1, 16 oz. Drink

### Ingredients:

- 4 oz. of Dr. Smoothie Citrus Mint Refreshers
- 2 oz. of Dr. Smoothie Lemon-Ade 100% Crushed Fruit Smoothie Concentrate
- 2 oz. of Dr. Smoothie Pineapple Paradise 100% Crushed Fruit Smoothie Concentrate
- 2 tbsp. of Two Leaves and a Bud Nice Matcha
- 8-10 oz. of Ice

*Optional garnish: mint & lemon*

**Directions:** In a blender, start with the citrus refresher, then add the lemonade and pineapple with the matcha. Add ice, blend and it's ready to enjoy.

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## Shandy Brew

Summertime means sitting on the deck and enjoying a cold shandy beer. Don't like beer but love cold brew? No problem. This refreshing summer beverage allows you to enjoy a shandy citrus drink without the taste of beer.

Yield: 1, 16 oz. Drink

### Ingredients:

- 6 oz. Cold Brew
- 3 oz. Dr. Smoothie Citrus Mint Refreshers
- ½ oz. Dr. Smoothie Lemon-Ade 100% Crushed Fruit Smoothie Concentrate
- Ice

*Optional garnish: fresh lemon*

**Directions:** Combine 6 oz. cold brew, 3 oz. Dr. Smoothie Citrus Mint Refreshers, and ½ oz. of Dr. Smoothie Lemon-Ade in 16 oz. cup of ice. Stir and serve.

## Frutti di Bosco

The Italian knack for romanticizing simple ideas is alive and well in this sparkling tea, which translates to “Fruit of the Forest.” Since it is full of antioxidants from fruit juice and rooibos tea, lightly caffeinated with green coffee bean extract, and sweetened with cane sugar, there’s no need for anything extra or artificial. Sip and enjoy la vita bella without worry.

Yield: 1, 16 oz. Drink

### Ingredients:

- 4 oz. of Dr. Smoothie Strawberry Acai Refreshers
- 4 oz. of Smith Tea Red Nectar - blended South African herbal infusion (Rooibos Tea)
- 4 oz. of Seltzer
- 4 oz. of Ice

*Optional garnish: mint & strawberry*

**Directions:** Steep Rooibos tea and allow to cool. Add tea to a serving glass, followed by the Strawberry Acai Refresher and seltzer, then top with ice.



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## Mango Harmony Smoothie Bowl

Organic, Vegan & Gluten Free

More like a meal than a beverage, this vibrant bowl is brimming with texture, clean ingredients and balanced flavor.

Yield: 1, 20 oz. Smoothie Bowl

### Ingredients:

- 2 ½ oz. of Dr. Smoothie Organic Strawberry Smoothie Concentrate
- 1 ½ oz. of Water
- 8 oz. of Ice
- 1 Large Organic Avocado (about 3/4 cup)
- 1 ½ oz. of Dr. Smoothie Organic Mango Smoothie Concentrate
- 1 Umpqua Oats Organic Himalayan Fruit & Nut All Natural Oatmeal Cup
- 1-2 tsp. of Organic Chia Seeds

*Optional garnish: organic fresh fruit (pomegranate, dragon fruit, blueberries, strawberries, blackberries, kiwi)*

### Directions:

**Blended Strawberry Layer:** Add the organic strawberry, water and ice to the blender and blend until smooth. Pour into the serving bowl, and place in the freezer for 10-20 minutes while you prepare the other layer.

**Mango-Avocado Cream Layer:** Peel, cut and mash the avocado in a second bowl. When it reaches a creamy consistency, stir in the organic mango.

**Combine in the Serving Bowl:** Remove the serving bowl from the freezer and layer the remaining ingredients on top of the blended strawberry. Add a layer of chia seeds, next avocado mango and then Himalayan Umpqua Oats. Finally garnish the bowl with fruit.