



Tart Lemon Raz Smoothie

Do you like a Blended Raspberry Lemonade, but want something a little “cleaner” for your shop? Try this Tart Lemon Raz Smoothie made with Organic Tart Lemon Tea and Dr. Smoothie’s Organic Raz-Berry Smoothie Concentrate. Simple ingredients - big flavors!

Yield: 1, 16 oz. Drink

Ingredients:

- 3 oz. Paisley Organic Tart Lemon Tea Concentrate
- 5 oz. Dr. Smoothie Organic Raz-Berry Blend Smoothie Concentrate
- 16 oz. Cup of Ice

Directions: Steep two Paisley Organic Tart Lemon tea sachets in 3 oz. of water for 4 minutes; let cool. Combine your tea concentrate, Dr. Smoothie’s Organic Raz-Berry Blend Smoothie Concentrate, and ice in a blender. Blend until smooth.

Spring is Calling

Who needs a V8 when you have Dr. Smoothie? I am not known to be a very health conscious person and veggies seem to elude my daily meals, but when the sun comes out and the weather becomes warmer I tend to pull out my walking shoes, clean out all the pizza from my fridge, and go on the liquid diet of smoothies and water. With this drink, I really wanted to get the most out of what I was drinking. Not only did I want to cut calories, I also wanted to add more nutrition, and keep it tasting great!

Yield: 1, 16 oz. Drink

Ingredients:

- 1 Scoop Dr. Smoothie Veggie Blend Add-in
- 4 oz. Pacific Natural Foods Rice Milk
- 1 Tbsp. Cafe Essentials Organic Madagascar Bourbon Vanilla Creme
- 4 oz. Dr. Smoothie Blueberry Banana Concentrate
- 8 oz. Ice

Directions: In a blender add liquids first then powders and ice. Blend until smooth. Enjoy this tasty beverage and feel good about what you are drinking!





Chilled Sipping Mocha with Beehive Spritzer

More than just your morning buzz; relax and reflect with this chilled, dark chocolate mocha. Perfect for sipping, its rich, bold flavors are mellowed by sparkling honey water to balance any bitterness and cleanse the pallet.

Yield: 1, 16 oz. Drink

Ingredients:

- 3 pumps or 1 ½ oz. Hollander Sweet Ground Chocolate Sauce
- 10 oz. Original Milkadamia (Macadamia Nut Milk)
- Double Shot of Espresso
- Ice

- 1 tsp. Madhava Organic Honey
- 7 oz. Club Soda or Sparkling Mineral Water
- 1 Large Ice Cube

Directions: Dissolve chocolate sauce completely into espresso and combine with cold macadamia nut milk; pour mixture over ice. For the honey spritzer, simply combine honey with a small amount of hot water to dissolve. Top with your choice of club soda or sparkling mineral water. Serve both drinks in chilled glass tumblers and use square or round ice cubes for a slower melt.

Mojito Mocktail

As spring approaches my palate cries for something refreshing and cool to sip on. I get tired of drinking water to stay hydrated while things heat up, don't you? This drink fills the void for me! Especially being pregnant in the warmer months, and being unable to indulge in the (ahem) not so mocktail mojitos.

Yield: 1, 16 oz. Drink

Ingredients:

- Two Sachets of Numi Moroccan Mint Tea
- **Fresh Lime Juice
- 2 pumps or ½ oz. Monin Organic Agave (or to taste)
- Mint Leaves (for garnish)
- Club Soda

Directions: Steep two sachets of Numi Moroccan Mint in 3 oz. of water for five minutes to create a mint concentrate; chill in the refrigerator. In your serving cup add the juice of half a lime, agave, fresh mint leaves, and tea concentrate. Fill a cup with ice, and top with soda water. Stir well so all ingredients are equally distributed. Garnish with a slice of fresh lime and additional mint leaves. **If fresh lime juice is unavailable, feel free to replace one bag of mint tea for a lime tea (such as Numi Dry Desert Lime.)



Muddled Berry Chai

As the weather heats up, soak in Spring with this sweet treat. The taste of fresh berries pairs perfectly with this green tea chai to bring out a flavor combination you and your customers are sure to enjoy.

Yield: 1, 16 oz. Drink

Ingredients:

- 2 Tbsp. of David Rio Tortoise Green Tea Chai
- **Fresh Mixed Berries
- Ice
- 14 oz. Cold Water

Directions: Muddle fresh berries in a glass then fill the glass with ice and set aside. Combine green tea chai and water in blender and pulse until powder is dissolved. Pour over Ice and berry mixture and enjoy!
**If fresh berries are unavailable, feel free to substitute with a splash of Dr. Smoothie Organic Raz-Berry Blend.



Strawberry Dream

Enjoy this guilty pleasure without worry. This clean-label version of a strawberries n' cream milkshake will leave you feeling inspired. Tart Strawberry blended with white chocolate and almond milk creates a light, creamy frappé that people of all ages can enjoy.

Yield: 1, 16 oz. Drink

Ingredients:

- 4 oz. Califia Farms Almond Milk
- 4 oz. Dr. Smoothie Organic Strawberry Smoothie Concentrate
- 3 Tbsp. Hollander White Chocolate Frappe
- Ice

Directions: In a blender, combine all ingredients in the following order: Almond Milk, Strawberry Smoothie Concentrate, White Chocolate Frappé, and Ice. Blend until creamy. Serve.

