

Kid Friendly Smoothie Recipe Guide



GUMMY BEAR SMOOTHIE



ISI[®] DENVER

Ingredients:

- 1/4 cup gummy bears (soaked in liquid for 30 min)
- 1/2 banana
- 1 scoop Vanilla Milkshake Human Nutrition Protein
- 1/2 cup almond milk
- 3-4 ice cubes

Optional: Splash of pineapple juice

Made by: _____

Rating: ★ ★ ★ ★ ★

BERRY BLAST ROCKET SMOOTHIE



Ingredients:

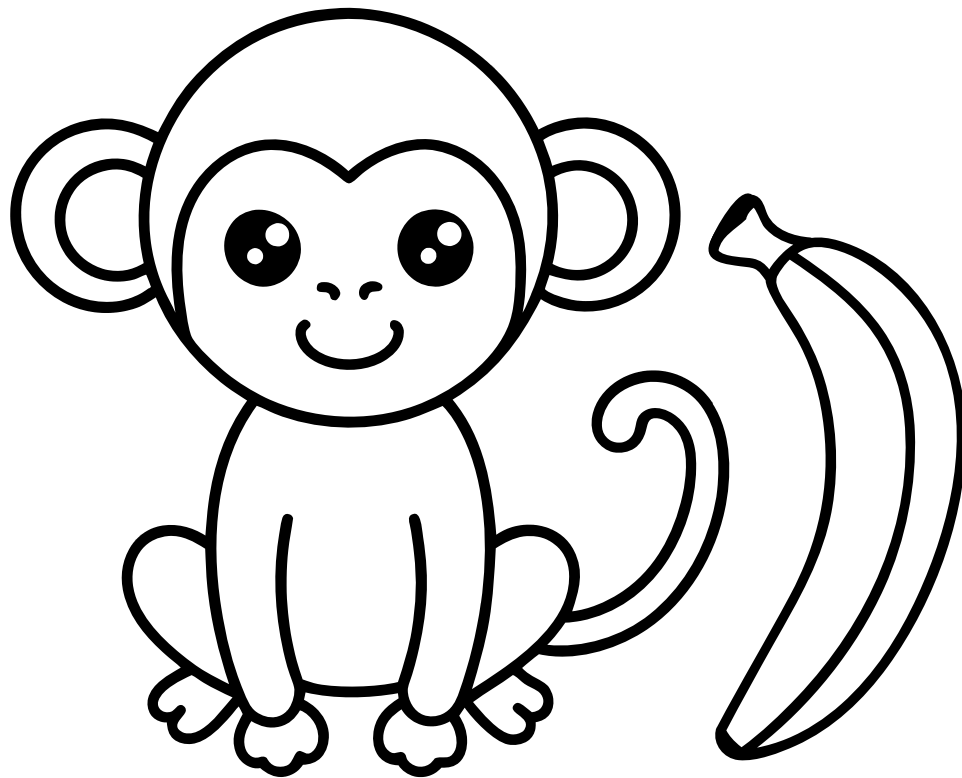
- 1 cup frozen mixed berries
- 1 banana
- 1 scoop Human Nutrition Vanilla Milkshake Protein
- 1 cup apple juice or water

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Made by: _____

Rating: ★ ★ ★ ★ ★

MONKEY MADNESS SMOOTHIE



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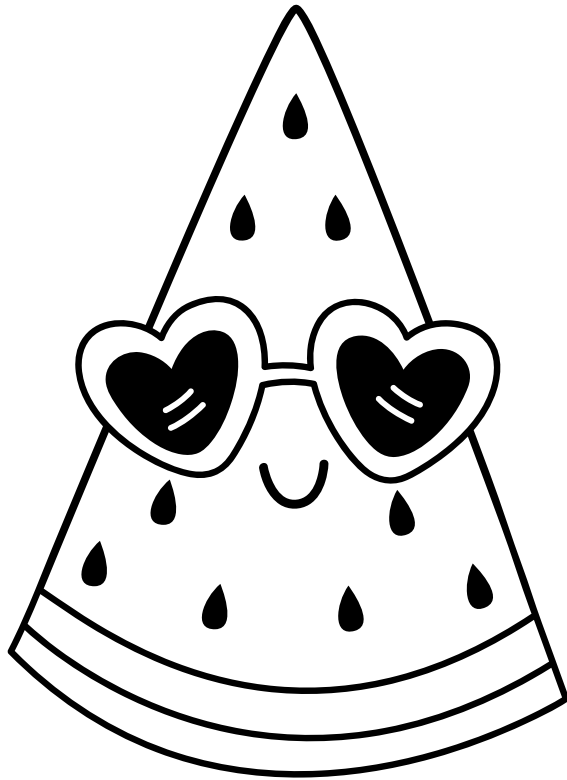
Ingredients:

- 1 banana
- 1/2 cup vanilla yogurt
- 1 scoop Human Nutrition Vanilla Milkshake Protein
- 1/2 cup milk

Made by: _____

Rating: ★ ★ ★ ★ ★

WATERMELON WIGGLER SMOOTHIE



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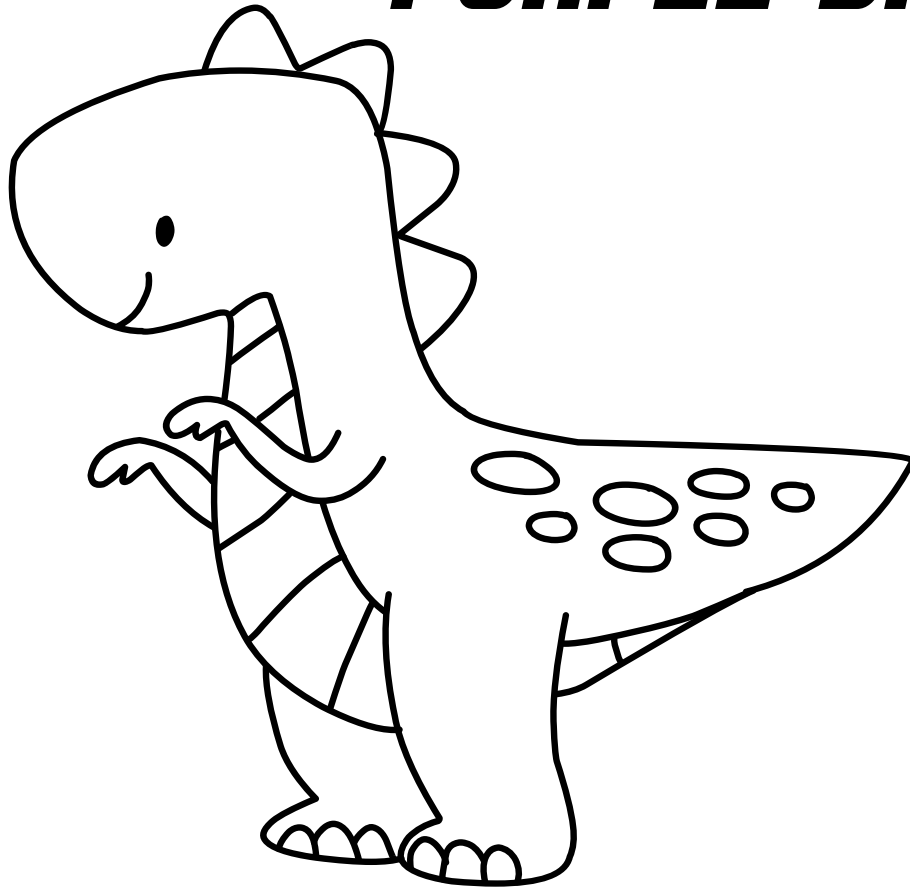
Ingredients:

- 1 cup frozen watermelon chunks
- 1/2 cup frozen strawberries
- 1 scoop Human Nutrition Vanilla Milkshake Protein
- 1/2 cup coconut water

Made by: _____

Rating: ★ ★ ★ ★ ★

PURPLE DINO FUEL



Ingredients:

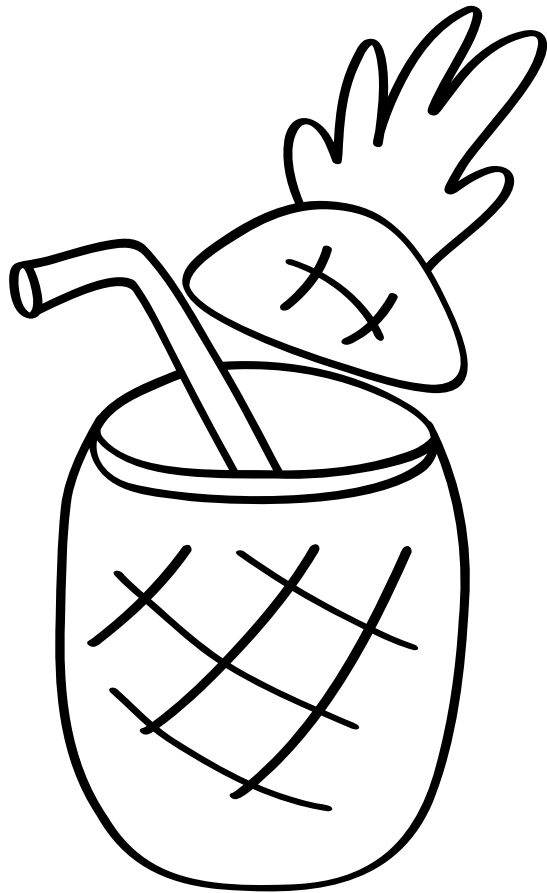
- 1/2 cup frozen blueberries
- 1/2 cup frozen grapes
- 1 scoop vanilla Human Nutrition whey protein
- 1/2 cup white grape juice

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Rating: ★ ★ ★ ★ ★

PINEAPPLE POWER POP SMOOTHIE



Ingredients:

- 1 cup frozen pineapple
- 1/2 cup orange juice
- 1 scoop Cinnamon Toast

Human Nutrition Protein

- Optional: 1/4 cup Greek yogurt

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Made by: _____

Rating: ★ ★ ★ ★ ★

SLEEPY SLOTH SMOOTHIE



Ingredients:

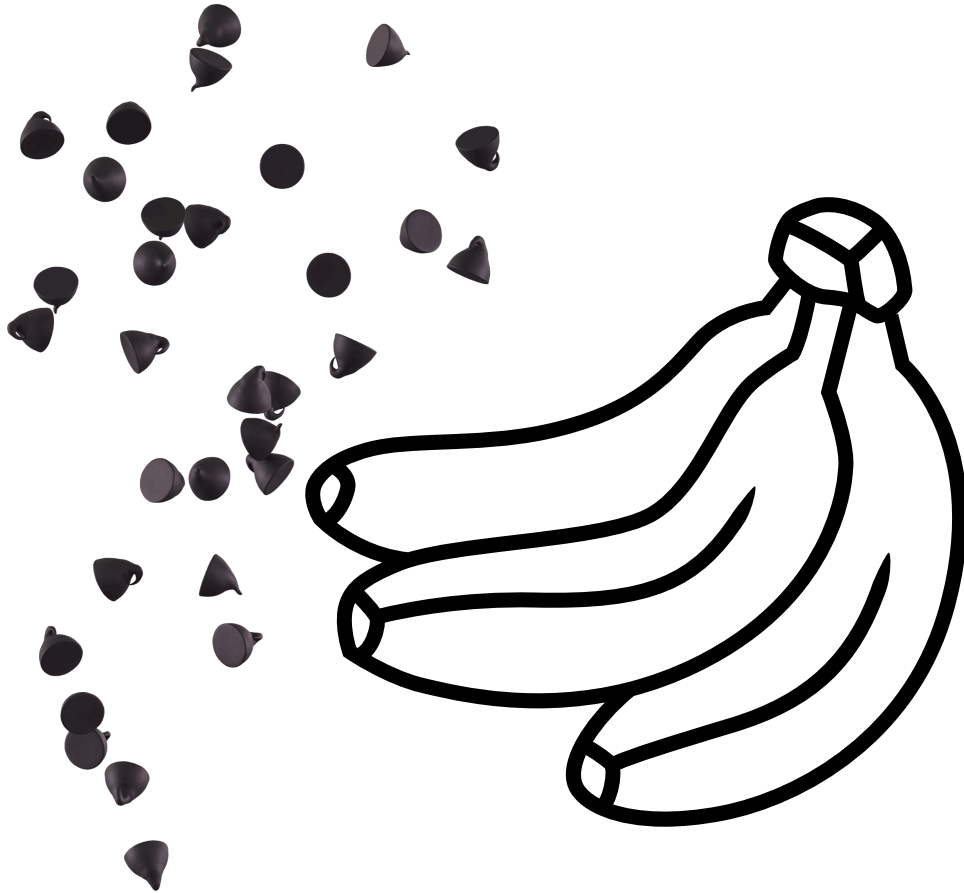
- 1 banana
- 1/2 cup warm (not hot) chamomile tea
- 1/2 cup warm milk
- 1 scoop Vanilla Protein
- Optional: A pinch of cinnamon

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Rating: ★ ★ ★ ★ ★

CHOCO-BANANA ROCKET FUEL



Ingredients:

- 1 banana
- 1 scoop Human Nutrition Chocolate Milkshake Protein
- 1/2 cup milk
- 3-4 ice cubes

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Made by: _____

Rating: ★ ★ ★ ★ ★

SMOOTHIE FUN FACTS & TIPS

Protein:

- Adding Protein to your Smoothie will help keep you fuller longer and helps grow your muscles.
- ISI Denver sells whey protein in the following flavors: Vanilla Milkshake, Chocolate Milkshake & Cinnamon Toast

Blending:

- Put liquid first, then soft stuff, then frozen stuff last.
- Blend on low first, then go to high speed.
- Stop and check: if it's too thick, add a splash more liquid.

Optional Sweetener Add-Ins:

- Honey or Maple Syrup
- Medjool dates.
- Flavored Extract (Birthday Cake, Vanilla, Strawberry, etc)
- Cinnamon

Fun Optional Toppings:

- Granola
- Coconut flakes
- Mini chocolate chips
- Sprinkles
- Sliced fruit
- Serve with a fun straw

DONT FORGET TO HELP CLEAN UP.

'RINSE THE BLENDER RIGHT AWAY WITH WARM WATER AND A DROP OF SOAP TO MAKE CLEANUP EASIER. PUT INGREDIENTS AWAY AND WIPE DOWN THE COUNTER.

SHARE YOUR SMOOTHIES WITH US!

Have your parents share a picture of you enjoying your homemade smoothie and tag us on Instagram!

[@isi.denvernc](https://www.instagram.com/isi.denvernc)

