



# RECOMMENDED SMOOTHIE RECIPES



= VEGAN RECIPE



= GLUTEN FREE RECIPE



= NUT FREE RECIPE



# BLENDING SMOOTHIE RECIPES

Strawberry Banana	U/M	16oz.
Apple Juice	ml	230
Strawberries	Whole	5
Frozen Banana	whole	.75
Açaí with Guarana	pack	1
Ice	Scoop	1



Amazon Immunity	U/M	16oz.
Orange Juice	ml	230
Ground Ginger	Tsp	1
Frozen Pineapple	Cup	.50
Acai with Guarana	pack	1
Ice	Scoop	1

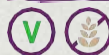


Peanut Butter Açaí Protein	U/M	16oz.
Unsweetened Almond Milk*	ml	230
Peanut Butter*	Tbsp	2
Vanilla Protein Powder* (level scoops)	Tbsp	1
Frozen Banana	whole	1
Açaí with Guarana	pack	1



\*Please use ingredients that qualify.

Chocolate Açaí Protein	U/M	16oz.
Almond Milk*	ml	230
Choc Protein Powder* (level scoops)	tablespoon	1
Frozen Banana	whole	1.25
Açaí with Guarana	pack	1



\*Please use ingredients that qualify.

Supergreens Protein		
Apple Juice	MI	230
Mango	Cup	.5
Supergreens Protein Powder* (level scoops)	teaspoon	2
Frozen Banana	whole	1.25
Açaí with Guarana	pack	1
Ice	oz.	4



\*Please use ingredients that qualify.



# BLENDING SMOOTHIE RECIPES

## Purple Immunity

1 Sambazon Unsweetened Pure Smoothie Pack  
230ml Orange Juice  
1/2 Banana, frozen  
1/4 cup Pineapple Chunks, frozen  
1/2 tsp Ginger, ground

**Directions:**

- Run your Sambazon Smoothie Pack under warm water to release the packaging. Use scissors to cut the top off and set aside.
- In a blender, add all the ingredients, ensuring you break your Acai sachet into the blender as you go. Blend until smooth..
- Pour in a glass and enjoy!



## Hydrating Coconut

1 Sambazon Original Smoothie Pack  
150ml Coconut Water  
1/2 Banana  
1/4 cup Coconut Flakes  
1/2 cup Frozen Mixed Berries  
Optional: 1 scoop Greens Mix or Vegan Protein Powder

**Directions:**

- Run your Sambazon Smoothie Pack under warm water to release the packaging. Use scissors to cut the top off and set aside.
- In a blender, add all the ingredients, ensuring you break your Acai sachet into the blender as you go. Blend until smooth..
- TIP: Feel free to add some of the leftover ingredients on top!



\*Please use ingredients that qualify.

## Nā Pali Greens

1 Sambazon Original Smoothie Pack  
1/2 cup Mango,  
150ml cup Coconut Milk  
1 Banana  
Nugget of Fresh Ginger  
1/2 cup Frozen Mixed Berries

**Directions:**

- Run your Sambazon Smoothie Pack under warm water to release the packaging. Use scissors to cut the top off and set aside.
- In a blender, add all the ingredients, ensuring you break your Acai sachet into the blender as you go. Blend until smooth..



\*Please use ingredients that qualify.

## Belgian Chocolate Protein

1 Sambazon Original Smoothie Pack  
1 Tsp Cacao Powder\*  
1/2 tsp Cinnamon  
1 Banana  
230ml Coconut Milk  
1/2 cup raw Cashews  
1/2 c Frozen Mixed Berries

**Directions:**

- Run your Sambazon Smoothie Pack under warm water to release the packaging. Use scissors to cut the top off and set aside.
- In a blender, add all the ingredients, ensuring you break your Acai sachet into the blender as you go. Blend until smooth..



\*Please use ingredients that qualify.



# SCOOPABLE SMOOTHIE RECIPES

Strawberry Banana	U/M	16oz.
Apple Juice	ml	170
Açaí	Scoop (flat)	2
Strawberries	Whole	5
Frozen Banana	whole	1
Ice	Scoop	1



Chocolate Açaí Protein	U/M	16oz.
Almond Milk	ml	230
Açaí	Scoop (flat)	2
Choc Protein Powder (level scoop)	Tbsp	1
Frozen Banana	whole	1



\*Please use ingredients that qualify.

† Recommended Protein Brand: Organic Food Bar

Supergreens Protein Mango	U/M	16oz.
Apple Juice	ml	170
Açaí	Scoop (flat)	2
Supergreens Protein Powder (level scoops)	teaspoon	2
Frozen Banana	whole	1
Ice	Scoop	1



\*Please use ingredients that qualify.

Peanut Butter Açaí Protein	U/M	16oz.
Unsweetened Almond Milk	ml	230
Açaí	Scoop (flat)	2
Peanut Butter*	Tbsp	2
Vanilla Protein Powder (level scoops)	Tbsp	1
Frozen Banana	whole	1.25



\*Please use ingredients that qualify.



# SCOOPABLE SMOOTHIE RECIPES

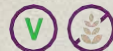
- Frozen bananas are quartered slices.
- Slices are estimated, if small slices use larger quantity stated in recipe.

Purple Immunity	U/M	16oz.
Orange Juice	ml	230
Açaí	Scoop (flat)	2
Frozen Banana	Whole	1
Frozen Pineapple Chunks	Cup	1/2
Ground Ginger	tsp.	1/2



Hydrating Coconut	U/M	16oz.
Coconut Water	ml	230
Açaí	Scoop (flat)	2
Frozen Banana	Whole	1
Frozen Mixed Berries	Cup	1/2
Unsweetened Coconut Flakes	Cup	1/2

Optional: 1 TBSP Greens Mix or Vegan Protein Powder. Add prior to frozen fruit.



Rainforest Hydration Smoothie	U/M	16oz.
Coconut Water	ml	230
Açaí	Scoop (flat)	2
Dates	whole	2
Frozen Banana	Whole	1
Frozen Fruit Option	Cup	1/2



Vitamin Boost Smoothie	U/M	16oz.
Coconut Water or Nut Milk	ml	150
Açaí	Scoop (flat)	2
Frozen Blueberries	Cup	1/2
Ripe Avocado	whole	1/2
Coconut Yogurt	Scoop (flat)	1
Nut Butter	tbsp.	1
Coconut Oil	tbsp.	1





# SCOOPABLE SMOOTHIE RECIPES

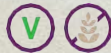
Clean & Green Smoothie	U/M	16oz.
Purified/Filtered Water	ml	170-230
Açaí	Scoop (flat)	2
Frozen Banana	Whole	1
Frozen Mixed Berries	Cup	1/2

\*Optional: Add handful of fresh spinach before mixed berries or add\* pineapple chunks 1,



Coffee Mate Smoothie	U/M	16oz.
Cold Brew Coffee	ml	90
Nut Milk	ml	90
Açaí	Scoop (flat)	2
Frozen Banana	Whole	1
Frozen Mixed Berries	Cup	1/2

Optional: Dash of cardamom, cinnamon or vanilla



All You Need Açaí Smoothie	U/M	16oz.
Coconut Water	ml	90
Almond Milk	ml	90
Açaí	Scoop (flat)	2
Fresh Mint	leaves	6
Frozen Pineapple	Cup	1/4
Frozen Blueberries	Cup	1/4
Fresh Lemon Juice	whole	juice from .5
Coconut Oil	tbsp.	1





# SMOOTHIE RECIPE TIPS

- **Pour and measure nut milks directly into blender pitcher. Ensure milks are added FIRST, before any other ingredients.; DO NOT contaminate apple/orange juice or other measuring cups.**
- **Never use Purple (Allergen) Blender Jars for any nut milk or nut butter add-ins**
- **Use #1 speed button (Vita Mix, 3HP) for all smoothies. Extra pulse for 3-4 seconds (high or low) if fruit chunks remain. Desired consistency is thick and creamy. Nut milk smoothies will not be as thick as fruit juice/fruit smoothies.**
- **If smoothies are too thin check the following:**
  - o **Ensure liquid portions are correct and not over portioned**
  - o **Program smoothie blend cycle should alternate between high & low for no more than 18seconds**
  - o **Frozen fruit or Sambazon Acai sorbet is too warm**
- **Recipes are for 16oz. smoothie cups with lids**
  - o **Actual blended portion = ~17/18oz.**
  - o **Nut milk or smoothies with protein powders tend to be larger in volume**
  - o **Operator must weigh all fruit portions as sizing varies and adjust recipes as required**



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