

# POWER CUPS

## SUPER ANTIOXIDANT CUP BASE

2 oz	Mixed Berry Purée/Water Mix
1 scp	Freeze-Dried Blueberries
½ scp	Freeze-Dried Acai Powder
½ scp	Powdered Yogurt
7 oz	Ice

### TOPPINGS

4 lg coins or 1 scp	Freeze-Dried Banana (or 2" Fresh Banana)
1 tbsp or ½ scp	Dried, Shredded Coconut
1 scp	Peanut Butter
½ tsp	Hemp Seeds
1 tsp	Honey

1. Add Base ingredients and push #4 on blender.
2. Spoon blended base into cup.
3. Add toppings, sprinkle seeds and drizzle with honey.

## PEACHES 'N CREAM CUP BASE

2 oz	Peach Purée/Water Mix
1 scp	Freeze-Dried Mango
½ scp	Powdered Yogurt
7 oz	Ice

### TOPPINGS

4 lg coins or 1 scp	Freeze-Dried Banana (or 2" Fresh Banana)
1 tbsp or ½ scp	Dried, Shredded Coconut
1 scp	Almond Butter
1 scp	Berry Coconut Granola
½ tsp	Flax Seeds
1 tsp	Honey

1. Add Base ingredients and push #4 on blender.
2. Spoon blended base into cup.
3. Add toppings, sprinkle seeds and drizzle with honey.

## THE ULTIMATE POWER CUP BASE

2 oz	Mixed Berry Purée/Water Mix
1 scp	Freeze-Dried Blueberries
½ scp	Powdered Yogurt
½ scp	Vanilla Whey Protein
7 oz	Ice

### TOPPINGS

4 lg coins or 1 scp	Freeze-Dried Banana (or 2" Fresh Banana)
1 tbsp or ½ scp	Dried, Shredded Coconut
1 scp	Peanut Butter
1 scp	Berry Coconut Granola
1 tsp	Honey

1. Add Base ingredients and push #4 on blender.
2. Spoon blended base into cup.
3. Add toppings and drizzle with honey.

## TROPICAL VEGGIE BLISS CUP BASE

2 oz	Mango Purée/Water Mix
1 scp	Freeze-Dried Pineapple
¼ scp	Freeze-Dried Kale
¼ scp	Freeze-Dried Spinach
½ scp	Powdered Yogurt
2-3 drops	Lemon Extract
7 oz	Ice

### TOPPINGS

4 lg coins or 1 scp	Freeze-Dried Banana (or 2" Fresh Banana)
1 tbsp or ½ scp	Dried, Shredded Coconut
1 scp	Berry Coconut Granola
1 tsp	Honey

1. Add Base ingredients and push #4 on blender.
2. Spoon blended base into cup.
3. Add toppings and drizzle with honey.

# POWER CUPS

## THE AMAZING ACAI CUP BASE

2 oz	Mixed Berry Purée/Water Mix
1 scp	Freeze-Dried Blueberries
½ scp	Freeze-Dried Acai Powder
½ scp	Powdered Yogurt
7 oz	Ice

## TOPPINGS

4 lg coins or 1 scp	Freeze-Dried Banana (or 2" Fresh Banana)
1 tbsp or ½ scp	Dried, Shredded Coconut
1 tsp	Cacao Nibs
1 scp	Almond Butter
1 scp	Berry Coconut Granola
½ tsp	Chia Seeds
1 tsp	Honey

1. Add Base ingredients and push #4 on blender.
2. Spoon blended base into cup.
3. Add toppings, sprinkle seeds and drizzle with honey.

## STRAWBERRIES & CREAM CUP BASE

2 oz	Strawberry Purée/Water Mix
1 scp	Freeze-Dried Strawberries
½ scp	Powdered Yogurt
7 oz	Ice

## TOPPINGS

4 lg coins or 1 scp	Freeze-Dried Banana (or 2" Fresh Banana)
1 tbsp or ½ scp	Dried, Shredded Coconut
1 scp	Almond Butter
1 scp	Berry Coconut Granola
½ tsp	Hemp Seeds
1 tsp	Honey

1. Add Base ingredients and push #4 on blender.
2. Spoon blended base into cup.
3. Add toppings, sprinkle seeds and drizzle with honey.