

Requirements for a Smoothie

For 1 serving	
Blender	Oster Blend-N-Go Blender (20-oz. container)
	For maximizing space in container: <ul style="list-style-type: none"> •Blueberries (25% capacity of blender container) For sweetness: <ul style="list-style-type: none"> •Peaches or pineapple (25% capacity of blender container) For additional texture: <ul style="list-style-type: none"> •Banana (1 whole piece of fruit)
Fruit	[Note: Any combination of fruits, constituting 25% capacity of blender container, can be used]
Vegetable	Kale (40% capacity of blender container) or spinach 40% capacity of blender container)
Liquid	Water (4 oz.)
Optional element	Honey (1 squeeze)

For 2 servings	
Blender	Ninja Auto iQ Pro Complete Personal Blender/Extractor (32-oz. container)
	For maximizing space in container: <ul style="list-style-type: none"> •Blueberries (33% capacity of blender container) For sweetness: <ul style="list-style-type: none"> •Peaches or pineapple (33% capacity of blender container) For additional texture: <ul style="list-style-type: none"> •Banana (1 whole piece of fruit) and additional fruit to reach 33% of blender container
Fruit	[Note: Any combination of fruits, constituting 33% capacity of blender container, can be used]
Vegetable	Kale (50% capacity of blender container) or spinach (50% capacity of blender container)
Liquid	Water (6 oz.)
Optional element	Honey (2 squeezes)