TROPICAL FRUIT SMOOTHIES

PAGE 223 • BEST BY:

Directions Thaw in refrigerator just enough to remove mix from bag. Put smoothie in a blender and add 1 cup cold water. Blend until smooth. If starting with a thawed bag, blend with 1 cup ice in place of water.

Recipe from *Fix, Freeze, Feast,* 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

TROPICAL FRUIT SMOOTHIES

PAGE 223 • BEST BY:

Directions Thaw in refrigerator just enough to remove mix from bag. Put smoothie in a blender and add 1 cup cold water. Blend until smooth. If starting with a thawed bag, blend with 1 cup ice in place of water.

Recipe from *Fix, Freeze, Feast,* 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

TROPICAL FRUIT SMOOTHIES

PAGE 223 • BEST BY:

Directions Thaw in refrigerator just enough to remove mix from bag. Put smoothie in a blender and add 1 cup cold water. Blend until smooth. If starting with a thawed bag, blend with 1 cup ice in place of water.

Recipe from *Fix, Freeze, Feast,* 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

TROPICAL FRUIT SMOOTHIES

PAGE 223 • BEST BY:

Directions Thaw in refrigerator just enough to remove mix from bag. Put smoothie in a blender and add 1 cup cold water. Blend until smooth. If starting with a thawed bag, blend with 1 cup ice in place of water.

Recipe from *Fix, Freeze, Feast,* 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

TROPICAL FRUIT SMOOTHIES

PAGE 223 • BEST BY:

Directions Thaw in refrigerator just enough to remove mix from bag. Put smoothie in a blender and add 1 cup cold water. Blend until smooth. If starting with a thawed bag, blend with 1 cup ice in place of water.

Recipe from *Fix, Freeze, Feast,* 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

TROPICAL FRUIT SMOOTHIES

PAGE 223 • BEST BY:

Directions Thaw in refrigerator just enough to remove mix from bag. Put smoothie in a blender and add 1 cup cold water. Blend until smooth. If starting with a thawed bag, blend with 1 cup ice in place of water.

Recipe from Fix, Freeze, Feast, 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

TROPICAL FRUIT SMOOTHIES

PAGE 223 • BEST BY:

Directions Thaw in refrigerator just enough to remove mix from bag. Put smoothie in a blender and add 1 cup cold water. Blend until smooth. If starting with a thawed bag, blend with 1 cup ice in place of water.

Recipe from *Fix, Freeze, Feast,* 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

TROPICAL FRUIT SMOOTHIES

PAGE 223 • BEST BY:

Directions Thaw in refrigerator just enough to remove mix from bag. Put smoothie in a blender and add 1 cup cold water. Blend until smooth. If starting with a thawed bag, blend with 1 cup ice in place of water.

Recipe from *Fix, Freeze, Feast,* 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

TROPICAL FRUIT SMOOTHIES

PAGE 223 • BEST BY:

Directions Thaw in refrigerator just enough to remove mix from bag. Put smoothie in a blender and add 1 cup cold water. Blend until smooth. If starting with a thawed bag, blend with 1 cup ice in place of water.

Recipe from *Fix, Freeze, Feast,* 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing