

SHAKE THINGS UP



NON-ALCOHOLIC BEVERAGES



FRUIT MARGARITA SMOOTHIE

INGREDIENTS:

- 1 Barfresh any fruit (non-dairy) smoothie
- 3 oz. of margarita mix
- 2 oz. water
- Garnish: fresh basil ~1 to 2 leaves



LEMON BERRY SPARKLING SMOOTHIE

INGREDIENTS:

- 1 Barfresh Triple Berry Smoothie
- 5 oz. Lemon Lime Soda

Garnish: berries or lemon twist



VANILLA LEMONADE SHAKE

INGREDIENTS:

- 1 Barfresh Vanilla Bean Shake
- 5 oz. Lemonade

Garnish: slice of lemon



COOKIE MONSTER MILKSHAKE

INGREDIENTS:

- 1 Barfresh Vanilla Bean Shake
- 2-3 Oreo cookies
- 5 oz. milk

Garnish: Sweetened whipped cream & Oreo cookie crumbles



PINEAPPLE EXPRESS SMOOTHIE

INGREDIENTS:

- 1 pack Caribbean
- 3 oz. Coconut water
- 2 oz. Pineapple juice
- Blend and garnish with pineapple and maraschino cherry



STRAWBERRY MILKSHAKE

INGREDIENTS:

- 1 Barfresh Vanilla Bean Shake
- 3-5 medium strawberries
- 5 oz. milk

Garnish: Sweetened whipped cream, and top with cherry or strawberry



VANILLA BEAN POWER SHAKE

INGREDIENTS:

- 1 Barfresh Vanilla Bean Shake
- 1 scoop vanilla whey protein
- 5 oz. almond milk or water

Suggestion: Add banana



CHOCOLATE MILKSHAKE

INGREDIENTS:

- 1 Barfresh Vanilla Bean Shake
- 2-3 T of chocolate syrup
- 5 oz. milk

Garnish: Sweetened whipped cream, and top with chocolate drizzle

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BERRY BOOST



INGREDIENTS:

- 1 Barfresh Single Serve Strawberry Banana Smoothie
- 1 scoop of soy or whey protein
- 5 oz. water or almond milk
- Garnish: sliced strawberries and raspberries

ROOT BEER FLOAT



INGREDIENTS:

- 1 Barfresh Single Serve Vanilla Bean Shake
- 5 oz. of root beer
- Garnish: sweetened whipped cream

GRANDMA'S APPLE PIE SHAKE



INGREDIENTS:

- 1 Barfresh Single Serve Vanilla Bean Shake
- 2 T apple pie filling
- 5 oz. milk or water
- Garnish: Sweetened whipped cream, & ground cinnamon for dusting

HORCHATA SHAKE



INGREDIENTS:

- 1 Barfresh Single Serve Vanilla Bean Shake
- 5 oz. Horchata
- Garnish: Sweetened whipped cream & ground cinnamon for dusting

PEPPERMINT MOCHA DELIGHT FRAPPE



INGREDIENTS:

- 1 Barfresh Single Serve Mocha Frappe
- ¼ cup chocolate chips
- 1 T peppermint extract
- 5 oz. milk or water
- Garnish: Sweetened whipped cream, chocolate drizzle, & mint leaves

PUMPKIN SPICED SHAKE



INGREDIENTS:

- 1 Barfresh Single Serve Vanilla Bean Shake
- 2 t pumpkin pie spice filling
- 5 oz. milk or water
- Garnish: sweetened whipped cream, ground cinnamon dusting, caramel sauce drizzle (optional)

SALTED CARAMEL FRAPPE



INGREDIENTS:

- 1 Barfresh Single Serve Caramel Macchiato
- 5 oz. of milk
- Garnish: sweetened whipped cream, caramel sauce and salt sprinkles

ICED CARAMEL OR MOCHA FRAPPE



INGREDIENTS:

- 1 Barfresh Single Serve Caramel Macchiato or Mocha defrosted
- 3 oz. of water
- Pour over ice
- Suggestion: Add extra shot of espresso!

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NON-ALCOHOLIC POWER SMOOTHIES



PEANUT BUTTER POWER SMOOTHIE

INGREDIENTS:

- 1 Barfresh Single Serve Strawberry Banana Smoothie
- 1 T peanut butter
- 1 scoop Vanilla whey protein
- 5 oz. water or almond milk



GREEN MONSTER SMOOTHIE

INGREDIENTS:

- 1 Barfresh Single Serve Mango Burst Smoothie
- 5 oz. of water
- Handful of fresh baby spinach

Suggestion: Add ginger or lemon



STRAWBERRY ALMOND BUTTER SMOOTHIE

INGREDIENTS:

- 1 Barfresh Single Serve Strawberry Banana Smoothie
- 1 T almond butter
- 5 oz. unsweetened almond milk.
- Garnish: sliced strawberries and bananas



STRAWBERRY BANANA PROTEIN SMOOTHIE

INGREDIENTS:

- 1 Barfresh Single Serve Strawberry Banana Smoothie
- 1 scoop of protein powder
- 2 oz. water or almond milk

Suggestion: add honey or MCT oil



BERRY BOOST

INGREDIENTS:

- 1 Barfresh Single Serve Strawberry Banana Smoothie
- 1 scoop of soy or whey protein
- 5 oz. water or almond milk
- Garnish: sliced strawberries and raspberries

MORE INGREDIENT IDEAS...

Acai	Coconut	Honey	Raspberries	Spinach
Almond Butter	Ginger	MCT Oil	Salt	Spirulina
Blueberries	Greek Yogurt	Oatmeal	Strawberries	Turmeric