Blendz Fresh. Fast. 5 mooth Spoon Portion Chart	WATER	ALMOND MILK	SMOOTHIE MIX	WHOLE FRUIT/SLICE	WHOLE FRUIT/SLICE	PUMPKIN PIE FILLING	KALE	GINGER	ALMOND BUTTER	PEANUT BUTTER	GREEK YOGURT	CHOCOLATE WHEY PROTEIN	VANILLA WHEY PROTEIN	COCO LOPEZ	CINNAMON	TURBINADO	ICE
Going Green	2 PUMPS		2 PUMPS PINEAPPLE	1 blue spoon pineapple	1 D BLUE SPOON PEACH		1 OUNCE	1 TSP									1 TAN ICE CUP
Spring Refresher	2 PUMPS		3 PUMPS STRAWBERRY	1 BLUE SPOON PINEAPPLE	1 D BLUE SPOON MANGO											1 TBSP	1 TAN ICE CUP
Almond Joy	2 PUMPS	4 PUMPS							1 RED SCOOP			1 LARGE SCOOP 70CC		2 PUMPS			1 TAN ICE CUP
Blueberry Refresher	3 PUMPS		4 PUMPS FOUR BERRY	2 BLUE SPOONS BLUEBERRIES												1 TBSP	1 TAN ICE CUP
The JJ	2 PUMPS		3 PUMPS BANANA	2 OBLUE SPOONS BANANAS						1 RED SCOOP	1 BLUE SPOON					1 TBSP	1 TAN ICE CUP
Pumpkin Pie	2 PUMPS	3 PUMPS				2 BLUE SPOONS							1 LARGE SCOOP 70CC		1 TSP	1 TBSP	1 TAN ICE CUP