

Simple Mango Smoothie with Cranberry Seeds



Yield: 1 serving

Ingredients:

- 1 cup (140g) mango chunks, frozen
- ½ each (59g) banana
- ½ cup (120mL) milk or alternative milk of choice
- 1 Tbsp. (7g) Ocean Spray Cranberry Seeds

Method of Preparation:

1. In a blender combine the mango, banana and milk. Blend until smooth.
2. Add cranberry seeds to blender and blend on the lowest speed just until mixed.
3. Pour into glass, add a straw and serve immediately.



Raspberry Yogurt Smoothie with Cranberry Seeds



Yield: 1 serving

Ingredients:

- 1 cup (125g) raspberries, fresh
- 1 cup (227g) Greek yogurt, or alternative yogurt
- 1 cup (140g) ice
- 1 Tbsp. (21g) maple syrup
- 1 Tbsp. (7g) Ocean Spray Cranberry Seeds

Method of Preparation:

1. In a blender combine the raspberries, yogurt, ice and maple syrup. Blend until smooth.
2. Add cranberry seeds to blender and blend on the lowest speed just until mixed.
3. Pour into glass, add a straw and serve immediately.



Tropical Smoothie with Cranberry Seeds



Yield: 1 serving

Ingredients:

- 1 cup (140g) mango chunks (frozen or fresh)
- ½ cup (50g) cranberries (frozen or fresh)
- ¼ cup (25g) pineapple slices
- ⅓ cup (80g) Coconut water
- 1 Tbsp. (21g) Honey*
- 1 Tbsp. (7g) Ocean Spray Cranberry Seeds

Method of Preparation:

1. In a blender combine the mango, cranberries, pineapple and coconut water. Blend until smooth.
2. Adjust sweetness with honey.
3. Add cranberry seeds to blender and blend on the lowest speed just until mixed.
4. Pour into glass, add a straw and serve immediately.

* Honey can be substituted with maple syrup or sugar



Berry Smoothie with Cranberry Seeds



Yield: 1 serving

Ingredients:

- ½ cup (50g) Cranberries (frozen or fresh)
- ½ cup (62g) Raspberries
- ⅓ cup (60g) Acai puree
- ¼ cup (30g) Blackberries
- ¼ cup (40g) Ice or cold water
- 1 Tbsp. (21g) Honey*
- 1 Tbsp. (7g) Ocean Spray Cranberry Seeds

Method of Preparation:

1. In a blender combine the cranberries, raspberries, acai puree, blackberries and ice. Blend until smooth.
2. Adjust sweetness with honey.
3. Add cranberry seeds to blender and blend on the lowest speed just until mixed.
4. Pour into glass, add a straw and serve immediately.

* Honey can be substituted with maple syrup or sugar

