



*Red Mountain Spa Detoxification Program*

## Detox Smoothie Recipes & Nutrition Information

### RECIPES

Berry Breeze Detox Smoothie *	Mango Peach Passion Detox Smoothie *	Pineapple Berry Detox Smoothie *	Strawberry Banana Detox Smoothie *
1 C Apple Juice	3/8 C Pineapple Juice	1/2 C Pineapple Juice	1/2 C Apple juice
1/2 Banana	1/2 Banana	1/2 Banana	1 Banana
1/8 C Raspberries	1/2 C Apple Juice	1/2 C Pineapple Chunks	3/4 C Strawberries
1/8 C Blueberries	1/2 C Mangos	1/2 C Strawberries	1-2 Scoops UltraClear
1/8 C Blackberries	1/2 C Peaches	1-2 Scoops UltraClear	
1/4 C Strawberries			
1-2 Scoops UltraClear			

\* **Note: Frozen fruit recommended.**

### NUTRITION INFORMATION

	Calories	Protein	Net Carbs	Fat	Sat. Fat	Cholesterol	Sodium	Fiber
Berry Breeze, 1 Scoop UltraClear	306 cal	9 g	61 g	3 g	trace	0	47 mg	6 g
Berry Breeze, 2 Scoops UltraClear	391 cal	16 g	70 g	5 g	trace	0	77 mg	7 g
Mango Peach, 1 Scoop UltraClear	343 cal	10 g	69 g	3 g	trace	0	50 mg	6 g
Mango Peach, 2 Scoops UltraClear	424 cal	17 g	78 g	5 g	trace	0	80 mg	7 g
Pineapple Berry, 1 Scoop UltraClear	263 cal	9 g	50 g	3 g	trace	0	36 mg	5 g
Pineapple Berry, 2 Scoops UltraClear	348 cal	17 g	60 g	5 g	trace	0	66 mg	6 g
Strawberry Banana, 1 Scoop UltraClear	304 cal	10 g	59 g	3 g	trace	0	40 mg	7 g
Strawberry Banana, 2 Scoops UltraClear	389 cal	17 g	68 g	5 g	trace	0	70 mg	8 g