

## Tigerwright Smoothie Recipes

### Tigerwright Morning Shake

- 1 large carrot, cut in 1" pieces
- ½ cucumber, cut up
- 1 orange quartered
- ½ apple quartered
- 1 banana, cut in 2" pieces
- 5 strawberries
- 1½ cups of apple juice
- 3 tbsp yogurt (usually non-fat plain)
- 1 tbsp of aloe vera gel (optional)
- ¼ cup of brewer's yeast flakes\*
- ¼ cup of oat bran\*
- ¼ cup of lecithin\*
- ¼ cup of wheat germ\*
- 1 tbsp kifer (liquid yogurt: french vanilla is our favorite)

Blend fruits, veggies and juices together, then add in all dry ingredients. Makes 2 servings.

\*Substitutions of dry cereal can be made if these ingredients are not available at your local health food store.  
(Preferably a cereal such as "Total" with high vitamin and protein content).

Feel free to experiment with other variations of fruits and juices.  
We've found that the flavor of apple juice tends to blend best with most fruits and vegetables.

### Jungle Juice Shake variation:



- 5-7 strawberries
- 2 bananas
- ¼ cup coconut
- ½ cup pineapple
- ½ mango, sliced
- ¾ cup apple juice
- ¾ cup orange juice
- 2 tbsp of honey
- ¼ tsp vanilla



This is a great recipe for hot summer days or weekend treats!  
Blend all together. For a more festive look,  
top with whipped cream, almond slivers and a cherry.  
Makes 2 servings.

Feel free to add peaches, nectarines or other favorite fruits.  
We like to get the frozen mixed bags of fruit at Sams Club.  
(we also buy the big bags of frozen strawberries there)  
The frozen fruit creates a thicker shake, if you're using fresh fruit, add ice to thicken.

# Tigerwright Morning Shake Nutritional Analysis

## Per Serving Nutritional Information

Calories (kcal)	550	% Calories from fat	14.3%
Total Fat (g)	19	% Calories from Carb	30.5%
Saturated Fat (g)	3.3	% Calories from Protein	4.9%
Monounsaturated Fat (g)	2.5	% Refuse	3.8%
Polyunsaturated Fat (g)	8.3	Vitamin C (mg)	241.5
Cholesterol (mg)	2.5	Vitamin A (i.u.)	20,445
Carbohydrate (g)	98	Vitamin B6 (mg)	1.9
Dietary Fiber (g)	22	Vitamin B12 (mcg)	0
Protein (g)	14.7	Thiamin B1 (mg)	.95
Sodium (mg)	55.5	Riboflavin B2 (mg)	1.32
Potassium (mg)	1,899	Folacin (mcg)	637
Calcium (mg)	158	Niacin (mg)	8.5
Iron (mg)	6.5	Caffeine (mg)	0
Zinc (mg)	3.45	Alcohol (g)	0

## Daily % Values

Vitamin A:	409%
Vitamin C:	402%
Calcium :	15.5%
Iron :	35.5%

Daily Values		% Daily Value 2000 Calorie Diet	% Daily Value 2500 Calorie Diet
Total Fat (g)	19	30%	24%
Saturated Fat (g)	3.3	16.5%	13%
Cholesterol (mg)	2.5	1%	1%
Sodium (mg)	55.5	2.5%	2.5%
Carbohydrate (g)	98	31%	25%
Dietary Fiber (g)	22	87%	72.5%
Protein (g)	14.7	29.5%	23.5%