

## Fruit Smoothie with Cream Base

### CHECKLIST

- 3 ounces water
- 5 ounces Dr. Smoothie 100% Crushed of your choice
- 1 scoop **Dr. Smoothie Cafe Essentials Cream Base**
- 16 – 18 ounces ice

### DIRECTIONS

In blender jar, combine water, Dr. Smoothie 100% Crushed in the flavor variant of your choice and Dr. Smoothie Cafe Essentials Cream Base.

Add ice.

Blend until smooth and serve.

Top with whipped cream and a dash of cinnamon and serve.

### YIELD

16 ounce finished beverage