



Liquiteria's Smoothie Ingredients

BERRY POWERFUL

- ice
- flax seeds
- agave
- wild berry whey protein or soy protein
- blueberries
- strawberries
- raspberries
- banana
- soy milk

BULLDOZER

- ice
- chocolate whey protein
- peanut butter
- banana
- vanilla soy milk
- agave

ORANGASM

- ice
- agave
- energy memory
- mango

- strawberries
- orange juice