

## **Make A Shake**

- 1) Label cup with client name & order
  - a) Shakes containing frozen fruit get fruit at bottom of cup FIRST
  - b) Then proceed to step #2
- 2) Fill cup with heaping amount of ice
- 3) Fill cup with water to the line
- 4) Pour into the blender
- 5) Add powders per recipe
- 6) Place lid on blender
- 7) Place blender on mixer base
- 8) Close mixer shield for noise
- 9) Press #4 on mixer base
- 10) Wait until blender finishes
- 11) Open mixer shield
- 12) Remove blender lid
- 13) Pour into client's labeled cup
- 14) Use cup sealer

## **Make an Acai Bowl**

- 1) Label bowl with client name
- 2) Use a the acai prep cup
- 3) Fill acai prep cup with measured frozen fruit
- 4) Add ice to to top of acai prep cup
- 5) Add water to line on acai prep cup
- 6) Pour into the blender
- 7) Add powders per recipe
- 8) Place lid on blender
- 9) Place blender on mixer base
- 10) Close mixer shield for noise
- 11) Press #4 on mixer base
- 12) Wait until blender finishes
- 13) Open mixer shield
- 14) Remove blender lid
- 15) Pour into client's labeled bowl
- 16) Using tongs, knife and cutting board: slice banana
- 17) Add granola, coconut and banana slices in rows across top of acai

## **Make a Tea Bomb**

- 1) Label cup with client name & order
- 2) Choose lift off tablet per recipe
- 3) Gently whack with rubber mallet until crushed
- 4) Open & pour lift off contents into client cup
- 5) Add 1 inch water
- 6) Wait 30 seconds for lift off to fizz
- 7) Add measured aloe & tea per recipe
- 8) Top with ice and water
- 9) Stir until mixed
- 10) Use cup sealer