

Thank you for your help in designing a new smoothie for our recipe! It is important that your recipe meets the following requirements:

1. Under 32 ounces in volume
2. Provides at least 20% of the recommended daily values of the following vitamins and minerals:
 - a. Total Fat
 - b. Protein
 - c. Calcium
 - d. Sodium
 - e. Sugar
 - f. Fiber
 - g. Vitamin C
 - h. Iron
3. Is made using only whole foods (fruits, vegetables, milk, yogurt, water, nuts and seeds)
4. Has at least 5 different ingredients
5. Is tasty enough to eat!

*To make a an advanced healthy smoothie read the following articles, and choose other 3-4 other vitamins and minerals to make sure your smoothie has.