KORTE RECREATION CENTER

Real Fruit Smoothies

$3.00
16oz

NEW
Starting 9/2/10

Choose 2 x 2

two fruits, two juices, too refreshing

Only 300Calories or less !! Add 'em up yourself and see:

Real Fruits	Juices(120)
Strawberry(45)	Orange
Banana(105)	Pineapple
Blueberry(80)	Mango
Peach(75)	Apple

The benefits of real fruit smoothies

- Ensures you are properly hydrated.
- Provides you with the full spectrum of nature's vitamins, nutrients, and antioxidants.
- Gives you plenty of natural fiber to ensure excellent digestion.
- Provides you with the scientifically proven best "brain fuel" in the form of fructose.
- Helps empower your immune system to protect you from illness.

Source: www.perfectsmoothie.com

Strawberry-Oatmeal

milk(40), strawberries(45), oatmeal(80), banana (105), honey(60) & protein powder(120)

450 Cal, 33g Pro

Peanut Butter-Banana

milk(40), peanut butter(200), banana(105), honey(60) & protein powder(120)

525 Cal, 38g Pro

Heavenly Blueberry

milk(40), blueberries(80), banana(50), honey(60) & protein powder(120)

350 Cal, 30g Pro

Smoothie Passes:

5 for $15

11 for $30 (Get 1 FREE)

See front desk for more info

() = Calories

Calorie source: http://www.caloriecountercharts.com