



ORGANIC OUTLOOK

JANUARY 5 - JANUARY 12, 2018



WWW.FSPRODUCE.COM 12/2 LB

WINTER ORGANIC APPLES UPDATE

With Diet Season in full swing, demand is healthy for **Organic Apples**. Any variety can be used for juicing, but sweet **Fuji** and tart **Granny Smiths** are typically the most popular in juice blends. There are many excellent snacking varieties in the marketplace as well.

Organic Ambrosia, Braeburn, Cameo, Envy, Fuji, Gala, Golden, Granny Smith, Jazz, Jonagold, Kanzi, Kiku, Lady Alice, Opal, Pacific Rose, Piñata, Pink Lady, and Red Delicious Apples are steady.

There is still plenty of fruit especially smaller sizes and bags. Promotional opportunities are still available. Domestic 2lb high graphic pouches of **Organic Gala, Gold, Granny Smith, Honeycrisp, Jazz, Pink Lady, and Red Delicious Apples** are available this week, as well as some 3lb. **Granny Smith**.

Organic Honeycrisp Apples are more limited and are expected to transition in 27lb euro cartons over the next few weeks.



OG LETTUCE

Florida growers report good supplies of **Organic Red Butter, Green Butter, Red Leaf, Green Leaf, and Romaine Lettuces**. Quality is excellent.

CA also has good supplies on all varieties of **Organic Lettuce**, but all are showing brown discoloration on the ribs and on some of the leaves.

The **Organic Romaine Heart** market has tightened up greatly this week. Expect higher prices for early January, but supplies should be adequate.



OG TOMATOES

Organic 2-Layer and 15lb Hothouse Round Tomatoes are still limited in supply out of Mexico. Prices are still high. FL growers report good supplies of **Organic Round Tomatoes**, but are hoping the cold weather does not set them back.

Organic Cherry Tomatoes are in good supply out of FL, but Mexico is very limited. **Organic Rainbow Cherry Tomatoes** are in adequate supply, while Mexico has very little availability.

Organic Grape Tomatoes are in good supply out of FL. Mexico production is increasing and they did drop in price a bit this week.

Organic Cluster Tomatoes are generally in limited supply out of Mexico and Canada.

Organic Roma Tomatoes are limited out of FL and Mexico.



OG BERRIES

ALERT! California **Organic Strawberry** volumes are extremely limited with very high prices. Expect some supply gaps. Mexican Organic Strawberry supplies are limited due to shifting demand out of CA, combined with poor weather. Florida had some freezing weather, which is significantly affecting supply.

Driscoll's **Organic Blackberries and Raspberries** continue to be firmer this week with prices on the rise. Expect sporadic gaps in supply until the Baja, Mexico region gets ramped up in mid-February.

Other brands of **Organic Blackberries** continue in steady supply out of Mexico. Firmer prices should be expected over the next few weeks.



OG BRUSSELS SPROUTS

Organic Brussels Sprouts out of CA are in good supply. Mexico has just started with loose and bagged **Organic Brussels Sprouts**. More will be available in mid-January for promotion during the rest of the winter. Price has dropped slightly.



OG EGGPLANT

Organic Eggplant is in adequate supply out of Mexico. Florida reports adequate supplies as well, but might slow down with the cold weather they have been experiencing.



OG SQUASH

Florida growers have adequate supplies of **Organic Zucchini**, but at higher prices. Mexico growers have limited supplies and pricing has moved up. **Organic Squash** from Mexico has some wind scarring upon arrival.

Organic Yellow Squash is very limited.



OG CUCUMBERS

Organic Cucumbers from Mexico are more limited this week and price is up slightly. Florida is gapping for several weeks.

Organic Hothouse Cucumbers out of Mexico and Spain are limited.



OG GRAPES

New crop Peruvian **Organic Grapes** are here with nice quality. Pricing is high. Due to early bloom issues there will most likely not be any **Organic Green Grape** supply out of Peru.



OG GINGER & TURMERIC

Peruvian **Organic Ginger** is in good supply.

Organic Turmeric out of Hawaii is now in better supply. Wild Turmeric out of Jamaica is in good supply with prices dropping.



OG PEPPERS

Quality of **Organic Colored Peppers** from Israel continues to be very good. Also, **Organic Colored Peppers** will arrive this week out of Mexico at good prices.

Organic Green Peppers are in great supply out of Florida and demand is high.

Organic Jalapeño Peppers are in good supply from Mexico and FL.



OG MANGOS

Organic Mangos from Ecuador have come to a screeching halt as suppliers have been running into quality issues on containers arriving on the east coast. New crop Peruvian **Organic Mangos** will be available on a very limited basis until volume picks up at the end of January. The Peruvian fruit will be very nice quality.

A **Organic Fair Trade** option on the Peruvian fruit will be available for the upcoming winter season!



OG BLUEBERRIES

Driscoll's 12/6 oz **Organic Blueberries** are in excellent supply out of Mexico, with prices easing off this week. South American 12/6 oz **Organic Blueberry** supplies have tightened slightly, but better volume is expected to ramp up toward the end of January.

Expect higher prices through mid-January, followed by a promotional period for 6 oz and pint **Organic Blueberries** during late January and February.



OG HASS AVOCADOS

Organic Hass Avocado volumes remain strong as shippers continue to ramp up production right up until the “Big Game”. Look for pricing to remain comparable to slightly elevated through that time.



OG PINEAPPLES

While immediate supplies have been good, **Organic Pineapple** volumes are likely to start to fall over the course of the next month or two. Expect prices to creep upward as the supply chain tightens.



OG CHERRIES

The first Argentinean **Organic Dark Sweet Cherries** have arrived. Steady supplies are expected for the next few weeks in January.



OG CA CITRUS

Organic Cara Cara Oranges are coming into season. Expect sporadic gaps and high pricing to continue until supplies ramp up in mid-January.

Organic Clementine Mandarins are expected to wrap up for the season in early January. **Organic Satsuma Mandarins** continue in steady supply and are now expected to continue through at least the end of January. **Stem & Leaf fruit** is done harvesting for the season.

Organic Navel Oranges continue in better supply with good flavor and improving color. Pricing is steady.

Organic Pummelos continue in good supply.

Organic Golden Nuggets will be available in mid to late January.

The first **Organic Minneola Tangelos** have arrived and quality is excellent. Smaller sizes are prevailing.



OG BROCCOLI & CAULIFLOWER

ALERT! **Organic Broccoli** is in adequate supply out of CA, AZ, and Mexico, but quality issues abound. Even fields being harvested for the first time this season are showing weak product, in terms of color and condition. Expect pricing to move higher this week.

Organic Broccoli Crowns are in the same boat – adequately supplied, but quality issues on arrivals.

ALERT! The **Organic Cauliflower** market has begun to tighten and price is moving up. Most shippers are experiencing some aphid and discoloration issues.

Organic Romanesco is in limited supply.



OG SALADS

ALERT! **Organic Packaged Salads** have run into supply issues already in the early part of the year.

Olivia's Organics has been affected most so far with cuts and prorates on **Organic Spinach, Arugula, and other Salad Blends**.

Other shippers will struggle as well to keep up with supplies and the demand gap that is created by the Olivia's brand being short.

OTHER STORIES:

- **Organic Russet Potatoes** from all regions are increasing in price this week as we move into the new year. Increased freight costs and lack of truck availability is the biggest driving force behind the increasing prices.

- **Organic Asparagus** is very limited this week out of Mexico, but CA has a small deal. Stronger volumes will begin in mid-January.

- **Organic Kale** is in abundant supply out of CA and FL. **Organic Green, Lacinato, and Red Kales** are all in good supply and quality.

- **Organic Spinach** is in better supply this week out of CA. Quality is reported to be very good.

- **Organic Young Thai Coconut** supplies will be tight in January. Price will increase as supplies dwindle.

- **Organic Lemon** and **Meyer Lemon** supplies are excellent out of California with prices firming slightly in early January.

- **Organic Lime** supplies are steady this week with smaller sizes prevailing. Prices have edged up here in early January.

- **Organic Celery** is in good supply out of Mexico and CA. Quality has improved a somewhat and

pricing has moved up. **Organic Celery Hearts** are in good supply from CA. **Organic Celery Root (Celeriac)** are in good supply from CA.

- **Organic Red, Green, and Napa Cabbage** out of CA are in adequate supply. Organic Savoy Cabbage is limited from CA. Florida and Georgia growers report good supplies of **Organic Green and Red Cabbage**.

- Mexican **Organic Green Beans** remain limited. Some shippers would not ship beans across the country because of quality concerns. Florida growers report very limited supplies, and this may be further affected by the cold snap they are experiencing.

NEW! or BACK IN SEASON

ORGANIC

44564 - OG Apple Granny Smith WXF Pouch Bag 12/2 lb
 44563 - OG Apple Gala WXF Pouch Bag 12/2 lb
 49088 - OG Apple Jazz Pouch Bag 12/2 lb
 42828 - OG Apple Pink Lady WXF Pouch Bag 12/2 lb
 42829 - OG Apple Red WXF Pouch Bag 12/2 lb
 42879 - OG Apple Jazz USA 100 ct
 49088 - OG Apple Jazz Pouch Bag 12/2lb
 44560 - OG Apple Kanzi WXF 80/88 ct
 42677 - OG Apple Kiku WXF 80/88 ct
 43062 - OG Apple Pacific Rose 80/88 ct
 43517 - OG Apple Pinata USA WXF 100 ct
 44022 - OG Lemon Meyer Fancy 95-165 25 lb
 42049 - OG Lemon Meyer Pouch Bag 20/1 lb
 42731 - OG Orange Blood Moro 56 ct
 44125 - OG Orange Blood Moro 80/88 ctg
 42169 - OG Orange Navel Fancy CA 36 ct
 43569 - OG Grapes Globe Peru 18 lb
 43568 - OG Grapes Red SDLS Fair Trade Peru 18 lb
 43308 - OG Cherry Dark Sweet 10.5 Row Argentina 11 lb
 42130 - OG Kiwifruit SunGold Bag Italy 10/*1 lb
 44160 - OG Mango Ecuador 7 ct
 44288 - OG Mango Ecuador 9 ct
 40235 - OG Cucumber Mini 12/6 ct
 42329 - OG Endive White 3pk Tray 6 ct
 42347 - OG Endive White 10 lb
 42328 - OG Endive Red/White 3pk Tray 6 ct
 40815 - OG Endive Belgian 8 lb
 41122 - OG Radicchio 12 ct
 44918 - OG Beans French 10/1 lb
 40902 - OG Tat Soi 14 lb
 40514 - OG Bok Choy Baby Red 20 lb
 42678 - OG Squash Mix Medley 12/1.5 lb
 41358 - OG Tomato Heirloom 10 lb
 46007 - OG Mayer Apple Cider 9/59 oz
 42050 - OG Buck Brand Buddah Hand CA 5-9 ct
 49209 - OG Buck Brand Limes Finger 12/50 gram
 42069 - OG Buck Brand Grapefruit Mellow Gold 38 lb
 43181 - OG Buck Brand Kumquat Centennial 10 lb
 42051 - OG Buck Brand Mandarin Algerian Clementines 20 lb
 42834 - OG Buck Brand Mandarin Lee 25 lb
 42058 - OG Buck Brand Mandarin Satsuma 25 lb
 44085 - OG Buck Brand Mandarinquat 10 lb
 42063 - OG Buck Brand Orange Blood Moro 20 lb
 42728 - OG Buck Brand Orange Cara Cara 20 lb
 42052 - OG Buck Brand Pummelo African Shaddock 32 lb
 42071 - OG Buck Brand Pummelo Red Globe 32 lb
 44411 - OG Buck Brand Orange Mango Valencia 20 lb



CONVENTIONAL

05867 - CV Apples Autumn Glory 27 lb
 06076 - CV Apples Envy 27 lb
 06077 - CV Apples Jazz 72/88ct USXFCY 40 lb
 05843 - CV Apples Pacific Rose 88 ct Premium 40 lb
 06028 - CV Apples Pinata 72/88 ct WXF 40 lb
 05499 -
 13053 - CV Lemons Meyer Pouch Bag 18/1 lb
 13561 - CV Oranges Navel Sunkist 36 ct
 13601 - CV Oranges Navel Sunkist Bin 40s 760 ct
 12169 - CV Orange "Vintage Sweets" Heirloom Navel 10/3 lb
 14015 - CV Oranges Blood 72sx 36 ct
 14004 - CV Oranges Blood 88sz 44 ct
 13912 - CV Oranges Blood Sunkist 18/2 lb
 14348 - CV Tangelo Minneola CA Fancy 80 ct
 14345 - CV Tangelo Minneola Choice 12/3 lb
 10100 - CV Blueberries 12/1 pt
 11584 - CV Melons Galia "Honeymoon" 9 ct
 11140 - CV Cantaloupes MAG/Royal 9 ct
 23327 - CV Tomato Kumato Tray 10/1 lb
 23369 - CV Tomato Medley "Wild Wonders" 10/12 oz



STATEMENT REGARDING THE ROMAINE LETTUCE SITUATION FROM UNITED FRESH PRODUCE ASSOCIATION AND OTHER INDUSTRY ASSOCIATIONS

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THURSDAY, JANUARY 04, 2018 5:37 PM

United Fresh Members:

We have been working with our association colleagues addressing the foodborne illness outbreak which some have associated with Romaine lettuce. As you may know, the U.S. Centers for Disease Control has not been able to identify any one food that caused this illness. Our associations have prepared the statement below for media, and advise that you may want to use these talking points in your own business.

We are also continuing to work aggressively with both U.S. and Canadian government agencies to bring all resources possible to concluding this issue. We will advise you of significant future developments.

Please pardon receiving this statement from multiple associations. We worked together and want to ensure we are reaching all members of all of our associations.

Industrywide Statement in Response to Outbreak

All we have are the facts available to us.

- The U.S. Centers for Disease Control and Prevention has not identified what food likely caused this foodborne illness. No public agency has contacted any Romaine lettuce grower, shipper or processor and requested that they either stop shipping or recall product already in the marketplace.
- Even if this outbreak is actually confirmed to be caused by Romaine lettuce, it's important to recognize this is a highly perishable product with a limited usable shelf life and it's highly unlikely a specific affected lot would still be available for sale or in a home refrigerator with the last U.S. illness being reported on December 8 and the last Canadian illness reported December 12.
- Food safety remains a top priority of leafy greens farmers, shippers and processors and the industry has robust food safety programs in place that incorporate stringent government regulatory oversight.
- Our leading produce industry associations have and will continue to cooperate fully with public health officials investigating this foodborne illness outbreak.
- Anytime we see an outbreak of any foodborne illness, our hearts go out to the victims.

Statement By:

United Fresh Produce Association
Produce Marketing Association
Canadian Produce Marketing Association
Western Growers
California Leafy Greens Agreement
Arizona Leafy Greens Agreement



CONVENTIONAL OUTLOOK

JANUARY 5 - JANUARY 12, 2018

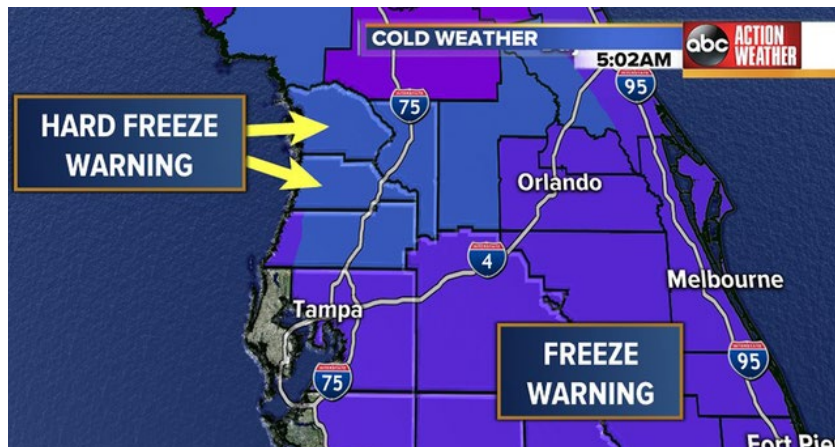
WWW.FSPRODUCE.COM 8/1 LB

FLORIDA STRAWBERRIES



ALERT! The early January cold blast (aka “bombogenesis”) has brought frigid temperatures, wind, and snow to most of the east coast. In fact, Northern Florida and Georgia have received some snow. The main growing region for Strawberries for this time of year, is Plant City, FL, outside of Tampa. They are experiencing a freeze and **Strawberry** production has screeched to a halt, creating a major gap in the supply chain for 1/3-1/13.

This cold weather and precipitation set back the Florida **Strawberry** crop. The temps are expected to warm up but it will take most of the second week of January to get fruit ready and harvested. Look for extremely tight supplies this week and very firm markets.



TRUCK (CARRIER) SHORTAGE

ALERT! The food industry’s challenges with logistics have become even more dramatic during early January.

There are many more loads to cover than trucks and drivers available to get the work done right now. Mandatory ELD (electronic logging devices) regulations went into effect on December 17th, and carriers have until April to become compliant before being shutdown by the government.

Some carriers are closing and others have pulled their trucks out of operation to get the ELD devices installed. The available carriers are charging extremely high rates and are less willing to pick up at multiple locations.

These mandatory ELD’s enforce hours of service rules on carriers. Many independent owner operators have not installed them and will not be able to operate until they can get the ELD device on their trucks.

Inbound loads from the west coast are now \$2000-4000 more expensive than this time last year. Additionally, product is taking longer to arrive to the east coast. This is causing produce prices to go higher and occasional out-of-stocks and supply gaps simply due to inbound logistics.





CV PEPPERS

Green Peppers will get much tighter this week out of Florida as the cooler weather sets into the growing areas in Florida. This will definitely slow production and limit supplies. All buyers will need to source from Mexico, causing the pricing to move up. Look for good quality and sizing on all Peppers, but pricing will be much higher.

Red Peppers will be in much better supply out of Mexico this upcoming week. Look for good opportunities on all XLG and LG 15 lb. flats. Some growers will have more blocky type bells vs. the La Rouge variety.



CV MANDARINS

ALERT! A supply gap is expected for the second week of January on Halos brand California **Mandarins**. The company has abruptly finished shipping the **Clementine** variety and will not be able to ship more Halos until their **Tango Mandarin** variety starts for mid-January.

The Sunkist Delite brand **Mandarins** and **Clementines** from Morocco will continue to be available during this time.



CV ASPARAGUS

Asparagus prices will remain higher this week with limited supplies. Peru is trying to get product to the U.S. but arrivals have been delayed following the holiday weeks.

Mexico is expecting to begin their big **Asparagus** deal around the last week of January. Look for markets to remain strong for another few weeks.



CV TOMATOES

Tomatoes will be in better supply this week out of Mexico, however pricing will remain higher due to the lack of supply out of Florida. Rain and cooler weather in Florida has kept harvest crews out of the field for many days, but once the weather turns, they'll be back to harvesting.



CV GRAPES

We are now shipping all fresh crop **Import Grapes** from Peru and Chile. There is a wide range of prices with size and variety. The best are "Sweet Globes" on the **White Grapes**, and "Sweet Celebration" on the **Red Grapes**.

The spread from the value box of medium-large to the top box is as much as twelve dollars. Prices in between will be determined mainly by size.



CV BROCCOLI

Cold weather in Georgia has caused growers to finish their **Broccoli** crop much earlier than expected. Florida product has been delayed.

Western growers are dealing with a supply gap. Prices will remain high this week, but better supplies are expected in the next few weeks.



CV LETTUCE

Cooler weather in the Arizona desert, better demand, and higher freight costs will cause **Iceberg**, **Romaine**, and **Leaf Lettuce** prices to increase this week, but there shouldn't be any supply gaps.



CV BLUEBERRIES

Chilean **Blueberry** vessels have started to arrive as scheduled. We have made the transition to 12/1 pint packs out of Chile. Pricing is promotable and will remain that way for the month of January.

We will also continue to carry the 12/6 oz premium packs from Driscoll's out of Mexico.



CV GREEN BEANS

ALERT! **Green Beans** will be extremely limited this upcoming week and pricing will jump significantly. This cool weather will have a huge impact on the crop and acreage will be lost.



CV WATERMELONS

Better **Watermelon** supplies are expected to arrive here in early January out of Guatemala. We will see prices on both full size and minis ease down as more fruit arrives.



CV ONIONS

There has been little to no change in the **Onion** market over the last couple of months. Demand has been steady, but transportation remains the real problem in most shipping areas.

A slight uptick in pricing is expected as we move further into winter and supplies dwindle. **Jumbo Yellow** and **Colored Onion** prices should be the first to climb, due to their limited supply.



CV POTATOES

Holiday shipments of **Russet Potatoes** in all shipping areas were very good. The lack of transportation has been the only limiting factor with FOB pricing running much higher than the average pricing for this time of year.

Supplies of storage crop **Yellow Potatoes** remain quite strong compared to **Russets**. **Yellow** and **Red Potatoes** appear like the logical solution to any ad shortages from the russet potato market.



CV SQUASH

Zucchini will be higher priced this week due to the cool weather in Florida. The majority of the volume will still be out of Mexico, but pricing will remain higher.



CV PINEAPPLES

Now that we are past the holidays, **Pineapple** supplies are arriving in better quantities. There seems to be a little flex in the market, especially on the 8ct, which will be priced aggressively.



CV HASS AVOCADOS

Hass Avocado supplies are good and prices are stable. The fruit is trending to the larger sizes, 48's and up. The price between small sizes and the larger is insignificant.



CV MANGOS

The market is gradually firming up as there is less of a glut on the smaller sizes (10ct/12ct) **Mangos**. Prices on these firmed up by a dollar and stronger on the larger sizes.



CV APPLES

We will wind up on the Eastern **Snap Dragon Apple** and begin to offer the **Ruby Frost** variety from New York. **Ruby Frost Apples** are sweet, tart, and crisp - a product of the Cornell University Breeding Program.



CV GRAPEFRUIT

Ruby and **Rio Star** variety **Grapefruit** are in peak season from Texas. Flavor is at its sweetest and best now through March.

Star Ruby Grapefruit from Florida is also in peak season and tasting very good, but supplies are limited due to weather and light production.

Should **WINTER WEATHER** throw a wrench into your plans....



Customers who

CANNOT ACCEPT DELIVERY



on orders they have placed are asked
to please call our **24/7 dispatcher** at



717-721-2803

or

888-237-1971



Help us re-route our drivers safely and keep them moving!



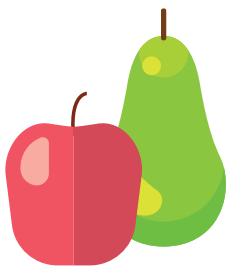
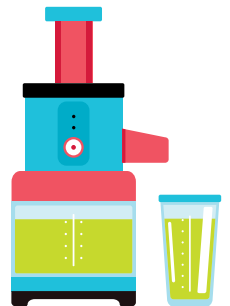
DIET SEASON MERCHANDISING TIPS

WHAT IS "DIET SEASON"?

Each year, following overindulgence from the holidays and coinciding with the New Year's resolutions that many people make, fresh produce sales spike during the first 3-4 weeks of January.

BE PREPARED FOR THE "HOME JUICERS & SMOOTHIE MAKERS"

Many folks will get a new juice extractor or high speed blender for Christmas that they'll be eager to try out in January. The infographic on the next page highlights many items that are commonly used in juice blends and smoothie blends.

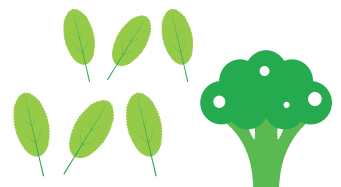


BE PREPARED FOR THE "HEALTHY SNACKERS"

Snacking varieties of citrus, apples, and premium variety apples, plus pears, and all berries sell VERY well at the onset of "Diet Season". Highlight the varieties your staff thinks tastes best to help consumers who are looking to add a little variety to their daily fruit snacking.

BE PREPARED FOR THE "SALAD BUILDERS"

Packaged salads of all kinds, bulk lettuces, and romaine hearts are big movers during January. In fact, salads like baby greens and baby spinach, sell well even when not on sale during "Diet Season." Consider complementary items that add color and flavor to salads, like grape and other tomato varieties, shredded carrots, colored bell peppers, cucumbers, broccoli, and cauliflower.



FOR MORE "DIET SEASON" MERCHANDISING TIPS, PLEASE CONTACT YOUR SALES REP OR MERCHANDISER!

JUICING VS. BLENDING

WHAT'S THE DIFFERENCE?

JUICE



- 1 WATER & NUTRIENTS EXTRACTED FROM FRUITS/VEGGIES
- 2 JUICERS SEPARATE JUICE FROM PULP (INSOLUBLE FIBER)
- 3 GREEN JUICES DELIVER PHYTONUTRIENTS DIRECTLY TO THE BODY IN LIQUID FORM

FORMULA FOR A GREEN JUICE

[MAKES ABOUT 16-24 OZ]

THE GREEN

KALE, SPINACH, OR OTHER DARK LEAFY GREENS
[3 CUPS]

THE VOLUME VEG

CUCUMBER, CELERY, FENNEL, ROMAINE LETTUCE
[2 FIELD CUCUMBERS OR 1 SEEDLESS CUCUMBER,
OR 4 CELERY STALKS OR 1 CELERY HEART]

THE CITRUS CLARITY

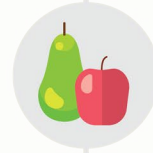
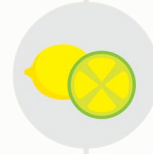
LIME OR LEMON
[1 - MOSTLY PEELED]

THE SWEET

APPLE OR PEAR
[2-3 WHOLE APPLES OR PEARS]

THE ZING

GINGER OR TURMERIC (OPTIONAL)
[THUMB SIZED PIECE]



SMOOTHIE



- 1 ENTIRE FRUITS/VEGGIES ARE BLENDED IN A SMOOTHIE - KEEPING NUTRIENTS INTACT
- 2 BECAUSE PULP (INSOLUBLE FIBER) IS LEFT IN, THE SMOOTHIE BECOMES THICKER
- 3 SMOOTHIES ALLOW FOR EXTRA NUTRIENTS, LIKE PROTEIN - (GREEK YOGURT, POWDERS, ETC.)

FORMULA FOR A GREEN SMOOTHIE

[MAKES ABOUT 24-28 OZ]

THE LIQUID STARTER

WATER, FRESH JUICE, OR COCONUT WATER
[1 CUP]

THE GREEN BOOST

BABY SPINACH, BABY KALE, KALE, OTHER LEAFY GREENS
[1 CUP]

THE FRUIT

BLUEBERRIES, BLACKBERRIES, STRAWBERRIES, RASPBERRIES,
APPLES, PEARS, GRAPES, PINEAPPLES, MANGOS, PEACHES
[2 CUPS FRESH OR FROZEN]

THE PROTEIN

GREEK YOGURT, YOGURT, CHIA SEEDS, RAW ALMONDS, FLAX SEEDS
[1/2 CUP]

THE SMOOTH

BANANA
[1 FROZEN RIPE BANANA OR 1 WHOLE PEELED]

THE CHILL

ICE
[2 CUPS]

