

Smoothie Whirl'd Recipes



Rocks Our Whirl'd	16 oz	24 oz	32 oz
Apple Juice	8	12	14
Frozen Yogurt	1	2	3
Strawberry	1	2	3
Banana	1	1	1
Ice	1	1	1

Acai Kickstarter	16 oz	24 oz	32 oz
Acai Juice	6	8	10
Soymilk	4	4	6
Raspberry Sherbet	1	1	1
Strawberry	3	3	4
Blueberry	1	1	2
Energy	1	1	1
Ice	1	1	1

Banana Coconut Colada	16 oz	24 oz	32 oz
Pineapple Juice	8	12	14
Grated Coconut	1	2	3
Pineapple Sherbet	1	1	1
Frozen Yogurt	1	2	3
Banana	1	2	3
Ice	1	1	1

Berry Cool Whirl'd	16 oz	24 oz	32 oz
Apple Juice	8	12	14
Raspberry Sherbet	1	2	3
Strawberry	1	1	1
Banana	1	1	2
Blueberry	1	1	1
Ice	1	1	1

Caribbean Paradise	16 oz	24 oz	32 oz
Mango Juice	8	12	14
Orange Sherbet	1	2	3
Strawberry	1	2	3
Peach	1	1	1
Ice	1	1	1

Carrot Orange Twist	16 oz	24 oz	32 oz
Carrot Juice	5	7	8
Orange Juice	3	5	6
Mango	3	3	4
Banana	1	2	3
Ice	1	1	1

Chocolate-PB-Banana	16 oz	24 oz	32 oz
Chocolate Base	2	3	3
Soy Milk	4	5	7
Peanut Butter	1	2	3
Frozen Yogurt	1	2	3
Banana	3	3	4
Ice	2	2	2

Green Crush	16 oz	24 oz	32 oz
Pineapple	4	5	7
Green Apple	Fill to 2oz under cup size		
Spinach (Hand)			
Kale (Sprigs)			
Ice	1	1	1

Green Go Getter	16 oz	24 oz	32 oz
Banana	4	5	7
Green Apple	Fill to 2oz under cup size		
Lem Juice (oz)	1	2	2
Spinach (Hand)			
Kale (Sprigs)			
Ice	1	1	1

Green Twist	16 oz	24 oz	32 oz
Pineapple	2	3	4
Banana	2	2	3
Orange Juice	Fill to 2oz under cup size		
Spinach (Hand)			
Kale (Sprigs)			
Ice	1	1	1

Smoothie Whirl'd Recipes



Green Quencher	16 oz	24 oz	32 oz
Mango	4	5	7
Coconut Water	Fill to 2oz under cup size		
Spinach (Hand)			
Kale (Sprigs)			
Ice	1	1	1

Java Blaster	16 oz	24 oz	32 oz
Coffee	6	9	10
Van or Choc	2	3	4
Frozen Yogurt	4	5	7
Ice	1	2	2

Mango Pineapple Blast	16 oz	24 oz	32 oz
Mango Juice	8	12	14
Pineapple Sherbet	1	2	3
Mango	3	3	4
Ice	1	1	1

Outta This Whirl'd	16 oz	24 oz	32 oz
Acai Juice	3	5	6
Pomegranate Juice	3	5	6
Strawberry	1	2	3
Mango	1	2	3
Blueberry	1	1	1
Whey Protein	1	1	1
Ice	1	1	1

Palm Peacher	16 oz	24 oz	32 oz
Coconut Water	8	12	14
Orange Sherbet	1	1	1
Pineapple Sherbet	1	1	2
Peaches	3	3	4
Ice	1	1	1

Peach Refresher	16 oz	24 oz	32 oz
Peach Juice	10	14	16
Peaches	1	2	2
Mangos	1	2	3
Strawberry	1	1	2
Ice	1	1	1

Peanut Butter 'n Jelly	16 oz	24 oz	32 oz
Apple Juice	8	12	14
Peanut Butter	1	2	3
Frozen Yogurt	1	1	1
Raspberry Sherbet	1	1	2
Banana	1	1	2
Blueberry & Strawberry	1	1	1
Ice	1	1	1

Pineapple Punch	16 oz	24 oz	32 oz
Mango Juice	8	12	14
Orange Sherbet	1	2	3
Pineapple	1	2	3
Blueberry	1	1	1
Ice	1	1	1

Pineapple Sublime	16 oz	24 oz	32 oz
Pineapple Juice	8	12	14
Frozen Yogurt	1	1	1
Pineapple Sherbet	1	1	2
Strawberry	1	2	3
Banana	1	1	1
Ice	1	1	1

Pomegranate Passion	16 oz	24 oz	32 oz
Pomegranate Juice	10	14	16
Strawberry	1	2	2
Mango	1	2	3
Peaches	1	1	2
Matcha Powder	1	1	1
Ice	1	1	1

Smoothie Whirl'd Recipes



Strawberry Lemonade Whirl'd	16 oz	24 oz	32 oz
Lemonade	8	12	14
Raspberry Sherbet	1	2	3
Strawberry	1.5	2	3
Ice	1	1	1

Top of the Whirl'd	16 oz	24 oz	32 oz
Mango Juice	8	12	14
Pineapple	1	3	3
Mango	1	1	3
Blueberry	1	1	1
Ice	1	1	1

Whirl'd Champ	16 oz	24 oz	32 oz
Soymilk	8	11	14
Strawberry	1	2	3
Banana	1	2	3
Whey OR Soy Protein	1	1	1
Ice	1	1	1

Whirl'd Refresher	16 oz	24 oz	32 oz
Coconut Water	10	14	16
Peaches	1	2	3
Mango	1	1	2
Strawberry	1	1	1
Ice	1	1	1

The Wizard	16 oz	24 oz	32 oz
Pineapple Juice	10	14	16
Pineapple	1	2	3
Strawberry	1	2	2
Peaches	1	1	2
Ice	1	1	1

Smoothie Whirl'd Retired Recipes

Strawberry Coconut Colada	16 oz	24 oz	32 oz
Pineapple Juice	8	12	14
Grated Coconut	1	2	3
Pineapple Sherbet	1	1	1
Frozen Yogurt	1	2	3
Strawberry	1	2	3
Ice	1	1	1

Matcha Mojo	16 oz	24 oz	32 oz
Soymilk	8	10	12
Matcha Powder	1	2	2
Frozen Yogurt	1	2	3
Banana	1	2	3
Ice	1	2	2