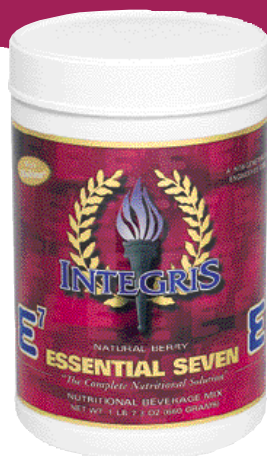


# E7™ NATURAL BERRY

## RECIPE CENTER

(best if mixed in a blender)



### **BACK TO THE BASICS**

1 Serving E7™ Berry  
8 oz water or liquid  
2-4 ice cubes (optional)

### **MILKSHAKE**

1 Serving E7™ Berry  
4 oz water + 4 oz almond, or rice milk  
(vanilla, carob, or plain)  
2-4 ice cubes (optional)

### **FRUIT NECTAR**

1 Serving E7™ Berry  
4 oz water + 4 oz unsweetened  
fruit juice (e.g., pineapple, berry,  
apple, pear)  
2 ice cubes (optional)

### **BANANA-BERRY FRAPPE**

1 Serving E7™ Berry  
6 oz water + 1/2 banana or 2 slices  
pineapple or 1/2 cup berries  
2 ice cubes (omit if using frozen  
berries)

### **BERRY MILKSHAKE**

1 Serving E7™ Berry  
4 oz water + 4 oz of almond  
or rice milk  
1/2 cup unsweetened fresh or frozen  
berries & 2-3 ice cubes  
(omit if using frozen berries)

### **BAN-APPLE PIE**

1 Serving E7™ Berry  
8 oz water  
2 Tbsp frozen apple juice concentrate  
1/2 frozen banana  
4 ice cubes (optional)

### **CRANBERRY COOLER**

1 Serving E7™ Berry  
8 oz diluted cran/raspberry juice  
4 oz water + 1/2 cup unsweetened  
fresh or frozen berries  
4 ice cubes (optional)

### **CHERRY PICKER**

1 Serving E7™ Berry  
8 oz cold water  
3-4 unsweetened cherries  
1 tsp cherry extract  
2-4 ice cubes (optional)

### **EGGNOG**

1 Serving E7™ Berry  
8 oz cold water  
1 tsp rum extract  
1 tsp butter flavor extract  
2-4 ice cubes (optional)

### **EGGNOG MILKSHAKE**

1 Serving E7™ Berry  
4 oz almond, almond or rice milk  
(vanilla, carob, or plain)  
1 tsp rum extract  
1 tsp butter flavor extract  
2-4 ice cubes (optional)

### **APPLE PIE**

1 Serving E7™ Berry  
8 oz cold water  
Tbsp apple juice concentrate  
1 tsp rum extract  
Dash of nutmeg and cinnamon  
2-4 ice cubes (optional)

### **AMARETTO CHERRY**

1 Serving E7™ Berry  
8 oz cold water  
1/2 frozen banana  
frozen unsweetened (pitted) cherries  
1 tsp almond extract  
2-4 ice cubes (optional)

### **CRAN-DELIGHT**

1 Serving E7™ Berry  
8 oz cold water  
1 Tbsp cranberry juice concentrate  
2-4 ice cubes (optional)

### **BAN-BERRY SUPREME**

1 Serving E7™ Berry  
8 oz cold water  
1/2 frozen banana  
4 fresh or frozen unsweetened  
strawberries  
2-4 ice cubes (optional)

### **FRUITY TUTEE**

1 Serving E7™ Berry  
8 oz cold water + 2-4 ice cubes (optional)  
1 Tbsp unsweetened orange/pineapple  
4 fresh or frozen unsweetened  
strawberries  
1/2 cup berries of choice

### **STRAWBERRY DREAM**

1 Serving E7™ Berry  
8 oz cold water  
4 fresh or frozen unsweetened  
strawberries  
1/2 cup berries of choice  
2-4 ice cubes (optional)



### **BANANA-RAMA**

1 Serving E7™ Berry  
8 oz cold water  
1/2 frozen banana  
1 tsp mocha extract  
2-4 ice cubes (optional)

### **TROPICAL PUNCH**

1 Serving E7™ Berry  
8 oz cold water  
1 tsp coconut extract  
2-4 ice cubes (optional)

### **RICE-APPLE / ALMOND APPLE**

1 Serving E7™ Berry  
4 oz rice or almond milk + 2 oz water  
4 oz unsweetened apple juice  
2-4 ice cubes

### **FRUITY DELIGHT**

1 Serving E7™ Berry  
4 oz rice or almond milk + 2 oz water  
1/2 cup sliced pear, banana,  
unsweetened fresh or frozen  
blueberries, raspberries, or  
strawberries + 2 ice cubes

### **BLUEBERRY SMOOTHIE**

1 Serving E7™ Berry  
1 cup blueberry non-fat yogurt  
4 oz water & rice or almond  
milk to taste

### **SUNRISE**

1 Serving E7™ Berry  
8 oz unsweetened orange juice  
4 oz water + 2-4 ice cubes (optional)

### **PIÑA COLADA**

1 Serving E7™ Berry  
8 oz pineapple-coconut juice  
4 oz water + 2-4 ice cubes (optional)

### **LEMON-KIWI**

1 Serving E7™ Berry  
1 cup lemon-kiwi non-fat yogurt  
4 oz water + 2-4 ice cubes (optional)

### **RASPBERRY**

1 Serving E7™ Berry  
1/2 cup unsweetened fresh or  
frozen raspberries.  
8-10 oz cold water (add more if using  
frozen berries) OR 6 oz unflavored  
rice or almond milk with 2-4 oz cold  
water 2-4 ice cubes (omit if using  
frozen berries)

### **PEACH-BERRY**

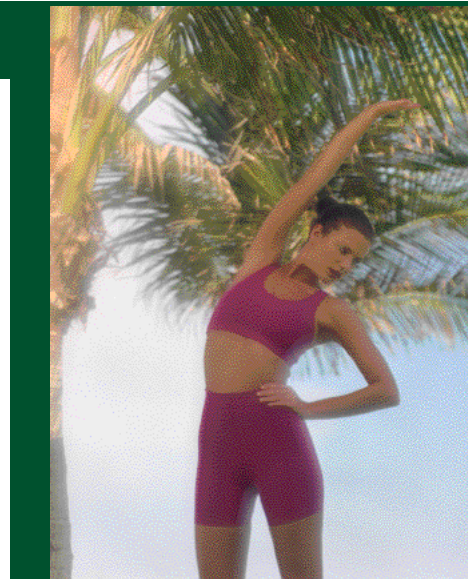
1 Serving E7™ Berry  
10 oz water  
1/2 fresh peach + 1/2 cup  
unsweetened fresh or frozen  
raspberries (optional)  
2-4 ice cubes (optional)

### **RICE-NOG / AL-NOG**

1 Serving E7™ Berry  
6 oz unflavored rice or almond milk  
2-4 oz cold water  
1 tsp vanilla extract + Dash of nutmeg  
2-4 ice cubes (optional)

### **SUPREME BERRY**

1 Serving E7™ Berry  
8-10 oz cold water (add more if using  
frozen berries) OR 6 oz unflavored  
rice or almond milk with 2-4 oz cold  
water 1/2 cup unsweetened fresh or  
frozen strawberries + 1/2 cup  
unsweetened fresh or frozen  
blueberries 2-4 ice cubes (omit if  
using frozen berries)



### **FRUIT-JAM**

1 Serving E7™ Berry  
6 oz water + 2 ice cubes (optional)  
1 tsp all-fruit jam

### **TROPICAL ISLE**

1 Serving E7™ Berry  
4 oz vanilla rice milk + 1-2 ice cubes  
1/2 banana  
1 slice pineapple

### **VANILLA BERRY FRAPPE**

1 Serving E7™ Berry  
4 oz vanilla rice milk + 1-2 ice cubes  
4 fresh or frozen strawberries  
or 1/2 cup raspberries

### **JUICY FRUIT**

1 Serving E7™ Berry  
4 oz unsweetened fruit juice (e.g.,  
apple, berry, pineapple, white grape,  
pear, or peach) 1-2 ice cubes

### **HAWAIIAN ESCAPE**

1 Serving E7™ Berry  
4 oz almond milk + 1-2 ice cubes  
1 slice pineapple

### **BERRY/BANANA SMOOTHIE**

1 Serving E7™ Berry  
8 oz water  
banana or 2 slices pineapple  
1/2 cup berries  
1-2 ice cubes (omit if using  
frozen berries)

### **CITRUS HAWAIIAN**

1 Serving E7™ Berry  
4 oz nonfat milk  
4 oz diluted pineapple-orange juice  
1/2 tsp coconut extract  
1/2 cup unsweetened fresh or  
canned pineapple

### **SLUSH-PUPPY**

1 Serving E7™ Berry  
12 oz diluted raspberry-apple juice  
1/2 cup unsweetened fresh or  
frozen berries  
4 ice cubes (optional if using  
frozen berries)

### **APPLEANA**

1 Serving E7™ Berry  
8 oz water 4 ice cubes (optional)  
2 Tbsp frozen apple juice concentrate  
1/2 frozen banana

### **PEACH MELBA**

1 Serving E7™ Berry  
8 oz cold water +  
2-4 ice cubes (optional)  
1/2 fresh peach

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