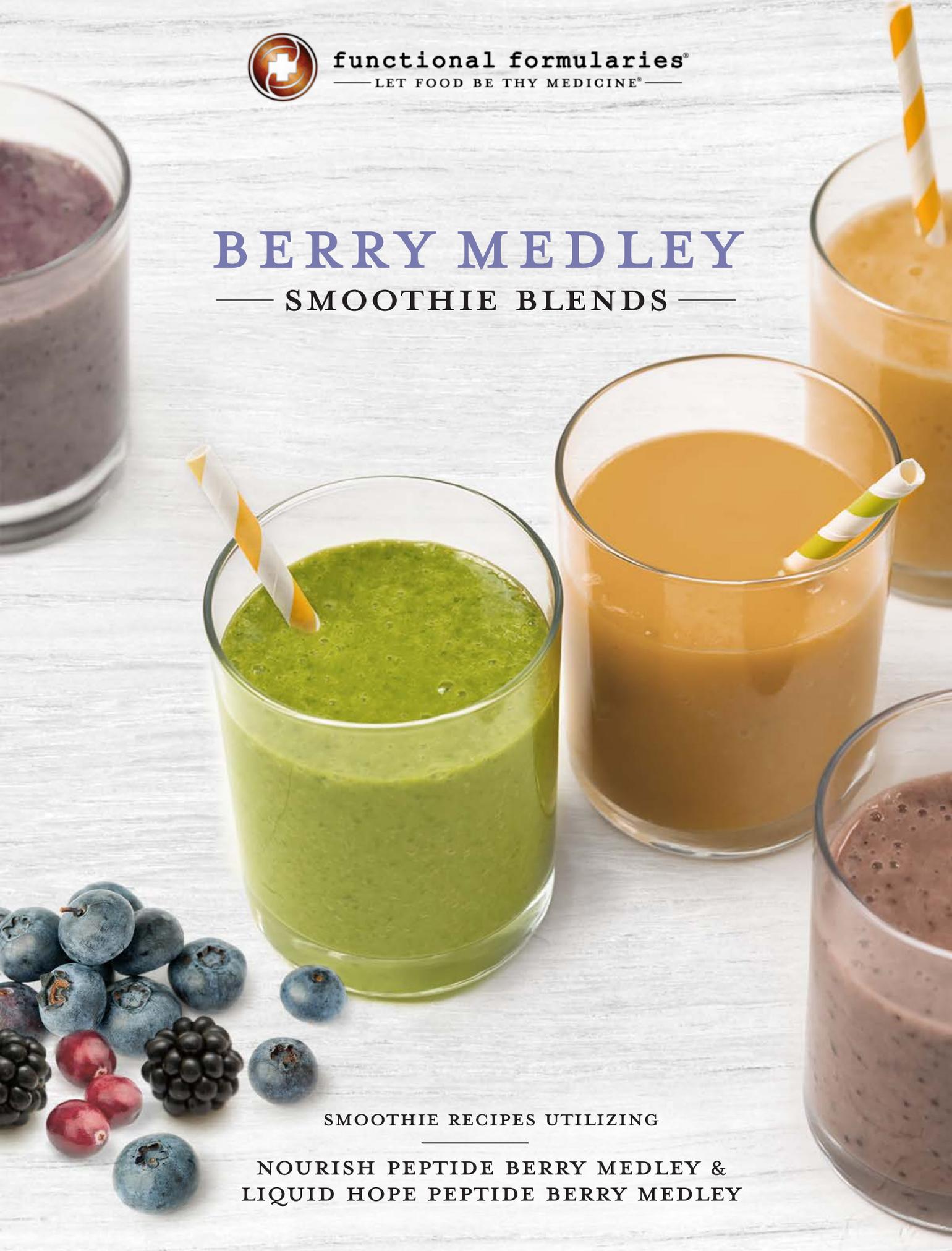




functional formularies®
— LET FOOD BE THY MEDICINE® —

BERRY MEDLEY

— SMOOTHIE BLENDS —



SMOOTHIE RECIPES UTILIZING

NOURISH PEPTIDE BERRY MEDLEY &
LIQUID HOPE PEPTIDE BERRY MEDLEY

SMOOTHIES THE FUNCTIONAL WAY

Nourish Peptide Berry Medley & Liquid Hope Peptide Berry Medley are feeding tube formulas and oral meal replacements packed with a variety of real, organic berries rich in antioxidants and polyphenols. Each pouch provides 2 servings of fruits and vegetables and more than 100 berries. Nourish Peptide Berry Medley is optimized for children and contains 20 grams of protein per pouch. Liquid Hope Peptide Berry Medley is optimized for adults and contains 23 grams of protein per pouch.

We have developed some mouthwatering, easy to make smoothie recipes using Nourish Peptide Berry Medley or Liquid Hope Peptide Berry Medley as the base. All of the recipes' ingredients are purposefully selected for their nutritional benefits which is consistent with the Functional Formularies' ingredient philosophy. Not only do these smoothies help with tube transition, they provide complete nourishment utilizing real, whole foods the entire family can enjoy.

Each recipe contains the macronutrient information and serving size for your convenience.

We hope you enjoy!





BERRY BIOME BOOST

Flavor-filled pro & prebiotic qualities

- 1 pouch of Nourish Peptide Berry Medley or Liquid Hope Peptide Berry Medley
- 1 cup of whole, plain, organic, full-fat yogurt
- 1 cup of organic blackberries or blueberries
- 1 tbsp. of potato starch OR ½ organic green banana (both offer resistant starch)

Nutrition information using:
**NOURISH PEPTIDE
 BERRY MEDLEY**

CALORIES: 200 kcal

FAT: 10 grams

CARBOHYDRATES: 21 grams

FIBER: 4 grams

PROTEIN: 8 grams

SERVINGS: **4** (8oz/SERVING)

Nutrition information using:
**LIQUID HOPE PEPTIDE
 BERRY MEDLEY**

CALORIES: 195 kcal

FAT: 9.5 grams

CARBOHYDRATES: 20 grams

FIBER: 3.75 grams

PROTEIN: 8.75 grams

SERVINGS: **4** (8oz/SERVING)





PUMPKIN BERRY PIE

A delectable mix of spices

- 1 pouch of Nourish Peptide Berry Medley or Liquid Hope Peptide Berry Medley
- 1 can of organic pumpkin puree
- 1 tsp organic cinnamon
- 1 tsp organic cardamom
- 1 tsp organic ginger
- 1 cup of water

Nutrition information using:
**NOURISH PEPTIDE
 BERRY MEDLEY**

CALORIES: 200 KCAL

FAT: 9 GRAMS

CARBOHYDRATES: 20 GRAMS

FIBER: 6 GRAMS

PROTEIN: 9 GRAMS

SERVINGS: **4** (8oz/SERVING)

Nutrition information using:
**LIQUID HOPE PEPTIDE
 BERRY MEDLEY**

CALORIES: 195 KCAL

FAT: 8.5 GRAMS

CARBOHYDRATES: 19 GRAMS

FIBER: 5.75 GRAMS

PROTEIN: 9.75 GRAMS

SERVINGS: **4** (8oz/SERVING)





PURPLE HEART

Purple just isn't pretty, it's powerful antioxidants

- 1 pouch of Nourish Peptide Berry Medley or Liquid Hope Peptide Berry Medley
- 1 medium sized organic purple sweet potato (steamed and cooled in advance)
- 1 tbsp of organic acai powder (Navitas brand)
- 2 tbsp organic, unsweetened almond butter

Nutrition information using:
**NOURISH PEPTIDE
 BERRY MEDLEY**

CALORIES: 300 KCAL

FAT: 18 GRAMS

CARBOHYDRATES: 30 GRAMS

FIBER: 6 GRAMS

PROTEIN: 10 GRAMS

SERVINGS: **3** (8oz/SERVING)

Nutrition information using:
**LIQUID HOPE PEPTIDE
 BERRY MEDLEY**

CALORIES: 293 KCAL

FAT: 17 GRAMS

CARBOHYDRATES: 28.5 GRAMS

FIBER: 5.5 GRAMS

PROTEIN: 11 GRAMS

SERVINGS: **3** (8oz/SERVING)





LEMON & GREENS

Green goodness that is high in potassium & vitamin C

- 1 pouch of Nourish Peptide Berry Medley or Liquid Hope Peptide Berry Medley
- 4 cups of organic spinach (raw)
- 1 whole, peeled, pitted, organic avocado
- ½ of a whole, organic lemon

Nutrition information using:
**NOURISH PEPTIDE
BERRY MEDLEY**

CALORIES: 200 KCAL

.....
FAT: 17 GRAMS

.....
CARBOHYDRATES: 20 GRAMS

.....
FIBER: 7 GRAMS

.....
PROTEIN: 7 GRAMS

.....
SERVINGS: **4** (8oz/SERVING)

Nutrition information using:
**LIQUID HOPE PEPTIDE
BERRY MEDLEY**

CALORIES: 195 KCAL

.....
FAT: 16.5 GRAMS

.....
CARBOHYDRATES: 19 GRAMS

.....
FIBER: 6.75 GRAMS

.....
PROTEIN: 7.75 GRAMS

.....
SERVINGS: **4** (8oz/SERVING)





Blueberries



Cinnamon



Peas



Cranberries



Pumpkin



NOURISHMENT TO THRIVE

“LET FOOD BE THY MEDICINE.”

-HIPPOCRATES



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