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# WILD BERRY

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## Very Berry Day

8 ozs skim milk or light soy milk  
3 ice cubes  
2 tbsp F1 Wild Berry  
3 Strawberries  
2 tbsp Cherries  
1 tbsp Blueberries  
1/4 tsp Vanilla extract

## Strawberry Delight

8 ozs skim milk or light soy milk  
3 ice cubes  
2 tbsp F1 Wild Berry  
3 Strawberries

## Strawberry Orange

8 ozs skim milk or light soy milk  
3 ice cubes  
2 tbsp F1 Wild Berry  
3 Strawberries  
1/4 tsp Orange extract

## Wild Berry Orange Surprise

8 ozs Orange Juice  
3 ice cubes  
2 tbsp F1 Wild Berry  
1 cup frozen mixed berries

## Fruit Blast

8 ozs Orange Juice  
3 ice cubes  
2 tbsp F1 Wild Berry  
2 to 3 strawberries  
2 to 3 pineapple chunks  
1/4 of a banana