



Smoothie
BOX

FALL RECIPE GUIDE

CONTENTS

- 2 Why Add In Some Pumpkin?
 - 3 Pumpkin Pie Smoothie
 - 4 Autumn Detox Smoothie
 - 5 The Healing Benefits of Ginger
 - 6 Pecan Pie Smoothie
 - 7 Salted Caramel Mocha Smoothie
 - 8 Sweet Potatoes as an Add-In
 - 9 Pumpkin Mocha Smoothie
-



Smoothies delivered to your door.

Our smoothie delivery service is a convenient way to get nutritious and delicious, pre-packed smoothies. Fresh taste, every time. Just pour, blend and enjoy!

[Get started today](#)



FALL FAVORITE FLAVORS

No need to wait until holiday gatherings to enjoy your favorite pie. We've blended together all the classic flavors of Fall, like pumpkin pie, pecan pie, and threw in some coffee house favorites that you'll love. There's no need to worry about over indulging in the these smoothies because they are packed with organic fruits, vegetables, and seeds that make them nutritious and definitely delicious. Also learn about the health benefits of three seasonal ingredients that are perfect to add into any smoothie.



What comes in a Smoothie Box?

It depends on how you pack it! We have five flavors to choose from, plus a line of smoothie booster proteins, and an insulated tumbler-perfect for keeping your smoothies cold.

[Get started now](#)

WHY ADD IN SOME PUMPKIN?

Pumpkin is a winter squash that is low in calories but high in antioxidants, vitamins and minerals. It is native to North America, and is most often thought of as a vegetable, but because it contains seeds, is scientifically a fruit.

Pumpkin contains antioxidants that may help your body fight off free radicals, as well as lower the risk of cancer and eye diseases.

Nutrient dense and low in calories, pumpkin is a weight loss friendly food. It's a great source of fiber, and will help keep your gut health in check.

We love incorporating pumpkin into our smoothie recipes to give our Orange smoothie mix a real flavor boost and further aide in our daily nutrition. So the next time you're in the grocery store, look for a can of pure pumpkin purée or find a small pumpkin and steam it yourself. When you're ready, check out our tried and true recipes and enjoy! May we dare suggest our Pumpkin Pie Smoothie?

SmoothieBox's Top 5 Pumpkin Smoothies

- ① Pumpkin Spice Smoothie
- ② Pumpkin Cheesecake Smoothie
- ③ Pumpkin Mocha Smoothie
- ④ Pumpkin Pie Smoothie
- ⑤ Orange Pumpkin Smoothie



PUMPKIN PIE SMOOTHIE

Serving: 1 glass

There's something about autumn weather that makes you crave that first slice of pumpkin pie! With this recipe, you don't have to wait until Thanksgiving for a taste of pumpkin pie! Made with whole fruits and vegetables, you can indulge in this treat.

Ingredients

- ▶ 1 SmoothieBox Orange Smoothie Mix
- ▶ 2 tbsp pumpkin purée or
 - [2 pinches ground nutmeg
 - 1 pinch allspice
 - 1 pinch ground cloves]
- ▶ 1 tsp cinnamon
- ▶ 2 tbsps greek yogurt
- ▶ 1/2 tsp vanilla extract
- ▶ 1 cup unsweetened almond milk
- ▶ 2 scoops SmoothieBox collagen

Optional Toppings

Whipped cream
Granola

Directions

Blend all ingredients until thoroughly combined. Add toppings of choice, and enjoy!



SmoothieBox smoothies are intended as a quick nutritional base that contain plenty of fruit, veggies and seeds. You can absolutely enjoy blending the pouches as they are with your favorite liquid, and we encourage you to use your pouches in your own favorite smoothie recipes.





SMOOTHINFO

Ginger has anti-inflammatory properties that help improve digestion and reduce gas.

AUTUMN DETOX SMOOTHIE

Serving: 1 glass

With the holidays approaching, this recipe will be your go to for a total reset after you've indulged in all the holiday feasts and treats. It is packed with immune-boosting vitamins, and ingredients to support good gut health.

Ingredients

- 1 SmoothieBox Orange Smoothie Mix
- 4 oz carrot juice
- 8 oz orange juice
- 4 oz unsweetened almond milk
- 1 inch piece of fresh ginger or
1 tsp cold pressed ginger juice
- 1/2 apple, sliced

Directions

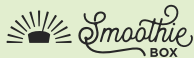
Blend all ingredients until thoroughly combined. Pour the smoothie into your favorite cup and enjoy!



Always FREE Shipping

100% Satisfaction Guaranteed

4.9 stars out of 5



smoothiebox.com



THE HEALING BENEFITS OF GINGER

Ginger, one of the healthiest spices on Earth, is a flowering plant originating in Southeast Asia. The underground root part of the plant can be dried, juiced, used as a powder or as an oil in many dishes.

Historically, ginger has been used for medicinal purposes for those that practice traditional and alternative medicine. Gingerol, a bioactive compound found in ginger, helps aid in digestion, reduce inflammation, reduce nausea, and has been known to help fight flu and cold symptoms.

Ginger has been credited for relieving the nausea that comes with morning sickness. Those pregnant have found significant relief when consuming ginger during pregnancy. In addition to pregnancy nausea, ginger may also help relieve nausea after chemotherapy or surgery. If you are pregnant, we do recommend consulting with your doctor before relying on ginger as morning sickness relief.

PECAN PIE SMOOTHIE

Serving: 1 glass

By adding in a few more ingredients to our Orange smoothie mix, you maintain all the benefits of a healthy smoothie while enjoying the deliciousness of a nutty dessert. Now you don't have to wait until Thanksgiving to enjoy your favorite pie.

Ingredients

- ▶ 1 SmoothieBox Orange Smoothie Mix
- ▶ 1 cup pecans
- ▶ 1/4 tsp cinnamon
- ▶ 1 pinch of nutmeg
- ▶ 1 1/2 cups coconut milk
- ▶ 1 cup unsweetened almond milk
- ▶ 1 tsp real maple syrup (*optional*)

Directions

Blend all ingredients until thoroughly combined.



I feel better and my skin looks better



Dori F.
SmoothieBox Member



SmoothieBox smoothies are a convenient way to make your favorite smoothies. With five flavor mixes that can be enjoyed on their own or used to make a host of recipes, you can save time on your smoothie prep.





SMOOTHINFO

Collagen helps give us healthy skin, hair, nails, and is a vital protein in our connective tissue.

SALTED CARAMEL MOCHA SMOOTHIE

Serving: 1 glass

Satisfy your sweet tooth and have a healthy meal with this recipe. With it's coffee house vibes, you'll forget that it's packed with organic fruits, vegetables, and seeds. Start your mornings off with this tasty smoothie.

Ingredients

- ➔ 1 SmoothieBox Chocolate Smoothie Mix
- ➔ 2 scoops salted caramel collagen
- ➔ 1 shot espresso or 4 oz cold brew
- ➔ 16 oz unsweetened cashew milk
- ➔ *whipped cream (optional)*

Directions

Blend all ingredients until thoroughly combined. Top with whipped cream, if desired, and enjoy!



Always FREE Shipping



100% Satisfaction Guaranteed



4.9 stars out of 5



smoothiebox.com

A photograph of several sweet potatoes and their slices. Some are whole, some are cut in half, and many are sliced into thin, round pieces. They are arranged on a dark, textured surface, possibly a slate or stone countertop. A brown, textured cloth is visible in the bottom right corner. The lighting is soft, highlighting the natural colors of the sweet potatoes.

Sweet potatoes as an add-in

Sweet potatoes are a root vegetable commonly associated with Fall. It's common to see some sort of sweet potato dish on the table at Thanksgiving or Christmas. Sweet potatoes come in a variety of colors and are highly nutritious.

Orange and purple sweet potatoes are high in vitamins, protein and fiber, along with antioxidants. The high fiber content, almost 7g per cup, make sweet potatoes an ideal vegetable for gut health. Maintaining your gut health with a fiber-rich diet may reduce the risk of colon cancer.

PUMPKIN MOCHA SMOOTHIE

Serving: 1 glass

Using our Chocolate smoothie mix, we've created the perfect pumpkin mocha treat. Paired with cold brew coffee and pumpkin purée, it's a healthy treat with a burst of energy.

Ingredients

- ▶ 1 SmoothieBox Chocolate Smoothie Mix
- ▶ 2 scoops of collagen
- ▶ 1/4 cup pumpkin purée (optional)
- ▶ 1 tsp pumpkin spice seasoning
- ▶ 12 oz vanilla almond milk
- ▶ 2 tbsp cold brew coffee concentrate

Directions

Blend all ingredients until thoroughly combined.



A few tablespoons of cold brew concentrate can take our Chocolate smoothie to another level, without sacrificing healthy ingredients.



What Our SmoothieBox Members Have to Say



I just started my subscription and I am loving all of the flavors. My goal is 3 smoothies per week to get more fruits and veggies into my diet. I'm afraid of running out before my next shipment comes! Great organic ingredients and taste!

Amie G. Smoothiebox Member

Easy to prepare and great for you. This is how I get my servings of fruits and vegetables. It lasts a lot longer than if I bought produce.

Marilyn G.

Kristina H.



I'm not much of a cold breakfast person, but SmoothieBox smoothies are changing me. They are delicious!

Randa L.

I've had other smoothie subscriptions, but SmoothieBox tastes way better and has double the portion for the price!

I know I'm starting my day eating right, and it keeps me on track all day. These smoothies are filled with so many nutrients. I could not possibly all that's in them in a day if it weren't in a smoothie. They are delicious. It's like drinking a milkshake!

Kathleen D. Smoothiebox Member



Read more great member experiences, visit our websites **customer-review tab.**

Frequently Asked Questions

How many items fit in a box?

It depends on how you pack it! We have five flavors to choose from, plus a line on smoothie booster proteins, and an insulated tumbler—perfect for keeping your smoothies cold.

Do I just add liquid and blend or are these meant to use as a base?

SmoothieBox Super Smoothie Pouches are meant to be used as a quick nutritional base or Mix, that contain fruit, veggies and seeds. Depending on your preference, you can absolutely blend the pouches as they are with your favorite liquid, but SmoothieBox recommends using their recipe page to gather inspiration to make your own customized Smoothie. Everyone's palette is different, here is your chance to have your healthy smoothie and drink it too.

How many servings in each pouch?

SmoothieBox smoothie mixes contain 2 servings of Smoothie Mix.

I can't figure out how to set up my account page.

Once you place an order from SmoothieBox, you should receive an invite that lets you set up your account page where you can self manage your flavors, billing frequency and more. If you do not receive an email, please reach out to Customer Service by emailing Support@SmoothieBox.com, using the chat feature on SmoothieBox.com or calling 888-313-6464.

Do I have to be home to accept delivery of my SmoothieBox?

You do not have to be home to receive your SmoothieBox. No signature is required for the delivery of your order. This means your carrier will leave your SmoothieBox in a safe place at your home.

How long will my smoothies last in the freezer?

We recommend using your smoothies as soon as possible, as taste starts to diminish after time with any frozen product. They'll be good for up to 12 months in your freezer, although ice crystals may start to form after prolonged freezer storage.

What are SmoothieBucks?

SmoothieBucks is the SmoothieBox rewards program. Earn rewards on purchases, referring friends, and more. SmoothieBucks rewards members for their purchases, allowing you to save on your monthly SmoothieBox and cash in on SmoothieSwag.

Can I skip a month or switch up my flavors?

Yes and yes! You can easily skip your next shipment as long as you make that change before your next shipment has been billed and processed. You can also edit your orders if you'd like to switch out your flavors.



FIND OUT MORE

Still have questions?

Please visit our knowledge base knowledge.smoothiebox.com or drop our customer service team message hello@smoothiebox.com.

Blending Tips

Is your smoothie hard to blend?

Stir your smoothie mid-blend and add a little bit of water. A tamper, an attachment available for most blenders, allows you to blend and stir at the same time.

Can't get your smoothie smooth enough?

Blend your smoothie for a full 60 seconds. Think 1 Mississippi, 2 Mississippi... A full 60 second blend will get you the smooth consistency you're looking for.

Is time not on your side?

Prepare your smoothie the night before. Blend your smoothie and store it in a double-walled, insulated container, put it in the refrigerator and it will have the same consistency and great taste as if you blended it that morning.

Is your blender lacking "oomph?"

Let your smoothie ingredients thaw a few minutes prior to blending. Alternatively, microwave a cup of filtered water or quickly boil some water, then pour just an ounce or two of hot water into the blender in which you've already added the frozen ingredients and collagen.

Still not enough?

If you follow the steps above and it doesn't work, your blender might not have enough mixing power. We recommend a professional grade blender or our own **Smoothiest Blender**.

Smoothiest Blender

For more details on how to blend the perfect smoothie, be sure to check out [this post on The Blender!](#)





SHARE YOUR SMOOTHIE

Join the smoothie party with us and our friends! We love seeing your smoothie creations and swag, so make sure you tag us using

 @smoothiebox

 #smoothiebox

Excited about SmoothieBox?

[Get Started Now](#)

Click
here to
order



Have an issue or just want to say hello?
Drop us a note at
hello@smoothiebox.com