

*A Healthier You w/Dr. V. Benson*

*Contest 2018*

NO GREENS NECESSARY!! It's a "Valentine's Day Sweetheart Smoothie Contest!"

Get your BLENDER's ready! This contest is going to see how well you are paying attention to the smoothies I post.

Contest Rules:

1. You must use the ingredients listed in combination. You must use at least 2-3 fruits and Greek yogurt in the smoothie. I will demonstrate how to blend and make your taste for the smoothie work.
2. Color of smoothies must be: Red, Pink, Chocolate or White or a combination.
3. Pictures must be posted under the pinned picture that you see below. (Pictures must include you, friends or family drinking the smoothie).
4. Picture 2. Post your ingredients with your presentation
5. Smoothie presentation with garnishment (e.g. chocolate shavings, strawberries, raspberries, cherries, chopped nuts etc.).
6. You may enter the contest as many times as you like.
7. Be creative and have fun!

You Can Win:

1. Dinner for two \$50.00 gift card
2. Boxes of Chocolate Candy
3. Recognition of your recipe in the "Healthier Educators are Effective Educators" Book Publishing Date April 2018!
4. Free 21-Day Daniel Fast Recipe Book.

Choose Your Ingredients From This List:

Dry Ingredients: (Choose 3) Unsweetened Cocoa Powder, Cacao, Unsweetened Coconut Chips, Dark Chocolate, Rolled Oats, Cinnamon. Ginger.

Raw Nuts: (Choose 1) Unsalted Almonds, Pecans, Cashews, Walnuts

Seeds: Chia Seeds, Flaxseeds,

Wet Ingredients: (Choose 3) Greek Yogurt, Ice, Unsweetened Almond Milk, Coconut Milk, Cashew Milk, or Nut Milk Mix, Pomegranate Juice, Peanut Butter (If not allergic), Unfiltered Honey, Cool Whip, Heavy Whipped Cream, Lemon Juice, Lime Juice, and Vanilla Extract.

Sweetener: (Choose 1) Stevia, Unfiltered Honey

Fruit: (Choose 2 up to 4) Cherries, Strawberries, Avocado, Pomegranate, Banana, Mango, Raspberries, Pineapples, Red Apples, Peaches, Lemons and Limes. (Hint Frozen fruit makes creamier smoothies). Avocado's make great creamier smoothies without freezing.

Contest Notice: A Healthier You w/Dr. V. Benson reserves the right to change the rules of this contest at any time. Contest Entry deadline February 12, 2018.