

Disney · PIXAR
MONSTERS UNIVERSITY

SPOOKY SMOOTHIES!

Halloween fun for family and friends!

SULLY'S BOO-BERRY SCARE

YOU WILL NEED

1/2 cup of blueberries
 1 small banana

1/2 cup of ice
 6 ounces of filtered water

DIRECTIONS

1. In a blender, blend the blueberries and small banana with the ice and filtered water until smooth.
2. Divide into four glasses and serve.

MIKE'S GREEN MANGO MUCK



YOU WILL NEED

1/2 cup mango
 1/2 cup pineapple
 3 leaves of green kale (stems removed)
 1/2 cup of ice
 6 ounces of coconut milk

DIRECTIONS

1. Put mango, pineapple, kale, ice and coconut milk into a blender. Blend on high until smooth.
2. Pour smoothie into serving glasses. Place candy eyes and pineapple triangles on top.

ART'S PURPLE ODDNESS



YOU WILL NEED

1/2 cup dragon fruit, peeled
 5 large strawberries
 1 small banana, peeled
 1/2 cup of ice
 6 ounces of filtered water

DIRECTIONS

1. Put dragon fruit, strawberries, banana, ice and filtered water into a blender. Blend on high for 30 seconds or until smooth.
2. Divide into four glasses and serve.

TERRI & TERRY'S OJ CARROT CREAM



YOU WILL NEED

2 carrots
 1/2 cup vanilla coconut creamer
 1/2 cup orange juice
 1 cup of ice

DIRECTIONS

1. Put ingredients into a blender. Blend on high until smooth.

**ON DIGITAL HD OCTOBER 8TH
 AND BLU-RAY COMBO PACK OCTOBER 29TH**

