



functional formularies®
— LET FOOD BE THY MEDICINE —

NOURISH® PEPTIDE

— BERRY MEDLEY —



**SMOOTHIE
BLENDS**

SMOOTHIES THE FUNCTIONAL WAY

Nourish Peptide Berry Medley feeding tube formula and oral meal replacement is packed with real organic blueberries, blackberries and cranberries. Each is rich in antioxidants and polyphenols and provides 2 servings of fruits and vegetables plus 20 grams of protein.

BUT WHY STOP THERE?

If you are looking to add flavor and nutritional diversity to your diet that taste great too, you need not look further. We have developed some mouthwatering, easy to make smoothie recipes using Nourish Peptide Berry Medley as the base. All of the ingredients included in these recipes are purposeful 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 whole family can enjoy.

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

We hope you enjoy!





CALORIES: 200 kcal

.....

FAT: 10 grams

.....

CARBOHYDRATES: 21 grams

.....

FIBER: 4 grams

.....

PROTEIN: 8 grams

.....

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

BERRY BIOME BOOST

Flavor-filled pro & prebiotic qualities

1 pouch of Nourish 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)



CALORIES: 200 kcal

.....

FAT: 9 grams

.....

CARBOHYDRATES: 20 grams

.....

FIBER: 6 grams

.....

PROTEIN: 9 grams

.....

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

PUMPKIN BERRY PIE

A delectable mix of spices & higher protein

1 pouch of Nourish 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



CALORIES: 300 kcal

.....

FAT: 18 grams

.....

CARBOHYDRATES: 30 grams

.....

FIBER: 6 grams

.....

PROTEIN: 10 grams

.....

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

PURPLE HEART

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

1 pouch of Nourish 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



CALORIES: 200 kcal



FAT: 17 grams



CARBOHYDRATES: 20 grams



FIBER: 7 grams



PROTEIN: 7 grams



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

LEMON & GREENS

Green goodness that is high in potassium & vitamin C

1 pouch of Nourish Peptide Berry Medley

1 whole, peeled, pitted, organic avocado

4 cups of organic spinach (raw)

½ of a whole, organic lemon



Blueberries



Cinnamon



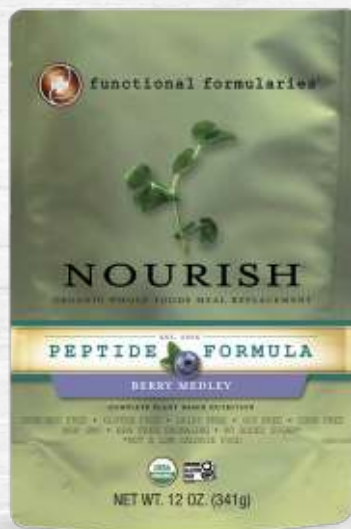
Peas



Blackberries



Pumpkin



NOURISHMENT TO THRIVE

“LET FOOD BE THY MEDICINE.”

-HIPPOCRATES



functional formularies®

— LET FOOD BE THY MEDICINE —