

Smoothie Fruit Freezer Prep Checklist

Prep Steps

- [] Wash all fruits and greens thoroughly.
- [] Peel and chop fruit into blender-ready portions.
- [] Flash freeze fruit pieces on a lined tray.
- [] Transfer frozen fruit into labeled freezer bags or containers.
- [] Label with date, portion size, and fruit type.

Fruits to Freeze

- [] Strawberries (hulled, halved or sliced)
- [] Blueberries (whole)
- [] Mango (peeled and cubed)
- [] Watermelon (seedless cubes)
- [] Banana (sliced or mashed)
- [] Spinach (pureed in cubes)

Liquids to Freeze in Cubes

- [] Coconut water
- [] Almond milk
- [] Green tea
- [] Yogurt
- [] Ginger puree

Recommended Freezer Storage

- [] Freezer-safe silicone bags
- [] Mason jars (wide-mouth)
- [] Silicone ice cube trays or molds