

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