



Scrumptious Shape-up Smoothie Contest

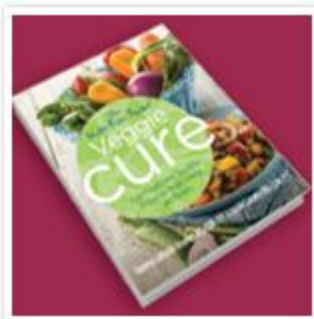
Entries accepted from April 1 – April 30, 2014

Winners will be announced and notified May 5, 2014

Brothers-All-Natural and the Nutrition Twins have teamed up! We are looking for the tastiest, healthiest smoothie in America!!

In addition to the prizes below, the **TOP 50 FINALISTS** will have their recipes included in an ebook titled “50 Scrumptious Shape-up Smoothie Recipes” and featured on both Brothers-All-Natural and The Nutrition Twins website and social media! [GET THE eBook!](#)

GRAND PRIZE: 1 winner will receive:



Veggie Cure
by the Nutrition Twins



Fitbit Flex™
choice of color



\$100 gift certificate
brothersallnatural.com

SECOND PLACE: 3 winners will receive:

- A copy of *The Veggie Cure* by The Nutrition Twins
- A \$50 Gift Certificate to brothersallnatural.com



THIRD PLACE: 10 winners will receive:

- A copy of *The Veggie Cure* by The Nutrition Twins
- A 24-Pack Variety of Fruit Crisps



Recipes will be judged on the following criteria:

40 points: Taste/flavor

40 points: Nutrition

20 points: Presentation (Name & image)

Note: Each entry MUST include an image; video is optional

Smoothie-Boosting BONUS POINTS (optional):

5 points: Use of Brothers-All-Natural Fruit Crisps:

Add one or more 1/2 cup bag of Fruit Crisps and earn an extra 5 points.

There are several benefits of using Fruit Crisps in your smoothie:



- Each pouch adds two servings of fruit without adding to the volume
- All natural 100% fruit
- Concentrated flavor and sweetness that is low in calories
- Dry – does not water down smoothie and can be used as a thickening agent
- Easy to store; longer shelf life than fresh fruit

Use coupon code **GOSMOOTIE10** on brothersallnatural.com to receive 10% off any variety of Fruit Crisps for the contest! (Optional)

Fruit Crisps are allergy-friendly; gluten free, soy free, peanut/tree nut free, vegan, and OU Kosher certified.

View /print [Fruit Crisps nutritional information](http://brothersallnatural.com/nutritional-facts) from brothersallnatural.com/nutritional-facts

Smoothie-Boosting BONUS POINTS (optional): *Continued***5 points: Use of item(s) from the *Nutrition Twins 10 Super Smoothie Ingredients*:**

1. **Chia Seeds:** Rich in Omega-3s and keep you feeling full longer
2. **Flax Seeds:** Loaded with fiber and Omega-3s
3. **Low fat or Non fat Yogurt:** Good source of protein & calcium
4. **Kale:** Low in calories, high in fiber & iron, assists the liver in detoxification
5. **Spinach:** Loaded with vitamins, minerals, potassium and water to help restore normal fluid balance and beat the bloat; high in fiber and good source of iron
6. **Cucumbers:** Good source of vitamin C and B vitamins, rehydrates body, and replenishes daily vitamins
7. **Green Tea:** Rich in antioxidants
8. **Berries (Blueberries, blackberries, raspberries):** packed with fiber, anti-inflammatories and C3G, a powerful antioxidant that increases the body's fat-burning
9. **Beets:** Energy boost and increased stamina; important in both phases of the body's detoxification systems
10. **Cacao Nibs:** Contain antioxidants; chocolate flavor helps reduce sugar cravings

**50 Scrumptious Shape-up Smoothie Recipes ebook Giveaway**

Even if you don't enter the contest, you can still get a FREE copy of the ebook "**50 Scrumptious Shape-up Smoothie Recipes**" which will contain the top 50 smoothie recipes from the contest!

[GET THE BOOK!](#)

Expected release date is June 1, 2014. Be sure to Share the Love and tell your friends how to get their FREE Smoothie Recipe ebook!

Nutrition Twins Smoothie Tips:**Tips to KEEP IT HEALTHY: A smoothie is NOT a milkshake!**

Smoothies can be an easy, convenient way to add essential nutrients to your diet. But remember, just because it's a smoothie doesn't mean it's healthy. Make sure you use only healthy, nutrient-rich ingredients:

- Avoid adding heavy items with artery clogging components like ice cream, cream, or whole milk
- Avoid using sugar-sweetened fruit juice and limit other sweeteners, including honey and agave, to a teaspoon
- Although nut butters are healthy, keep portions in check as their calories add up quickly.
- Give your smoothie a nutritional boost with a long-lasting energy advantage; include some fruit, some vegetable and a source of protein (such as nonfat/low-fat yogurt, skim milk, split pea protein, etc, etc.) Refer to the *Nutrition Twins Super Smoothie Ingredients List* in the Bonus Points section.

Recipe Submission Terms:

All Entries become the property of the Contest Sponsors, Brothers-All-Natural and The Nutrition Twins. By submitting an entry, you give permission for your recipe to be posted online and shared by the sponsors in any way they choose. By entering this contest, you claim that you are the creator and owner of the recipe and the accompanying images and/or videos and allow your name to be included as the creator of the recipe.

A green rounded rectangular button with the text "SUBMIT YOUR RECIPE!" in white capital letters.

GOOD LUCK!

We look forward to trying your yummy smoothie!

The Nutrition Twins

