

NETFLIX
ALL EPISODES
July 29 |

OH SO DELICIOUS SMOOTHIE (Serves 3-4)

1 banana, frozen or regular

1 cup frozen strawberries

1 cup frozen cherries

1 cup vanilla yogurt

1-2 cups almond milk
depending on desired
consistency

2 tablespoons protein powder

3 tablespoons peanut butter

Place pre-frozen banana, strawberries, and cherries in blender alongside vanilla yogurt, milk, protein powder and peanut butter. Blend until creamy, then pour into a glass and serve with fresh strawberries on top.



TIP'S TROPICAL SMOOTHIE (Serves 3-4)

1 banana, frozen or regular

1 cup frozen pineapples

1 cup frozen mangoes

1 cup vanilla yogurt

1-2 cups orange juice depending
on desired consistency

2 tablespoons protein powder

1 tablespoon coconut shavings

Place pre-frozen banana, pineapples and mangoes in blender alongside vanilla yogurt, orange juice, and protein powder. Blend until creamy, then pour into a glass and serve with coconut shavings on top.

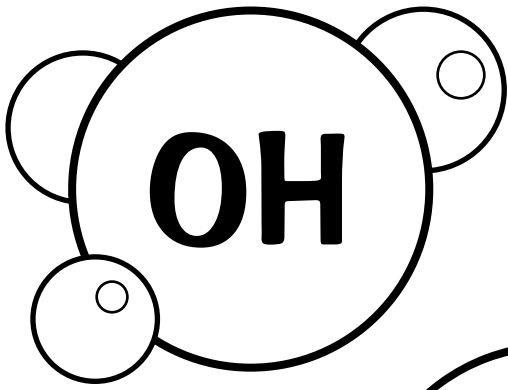


**WE'RE
BETTER
TOGETHER**



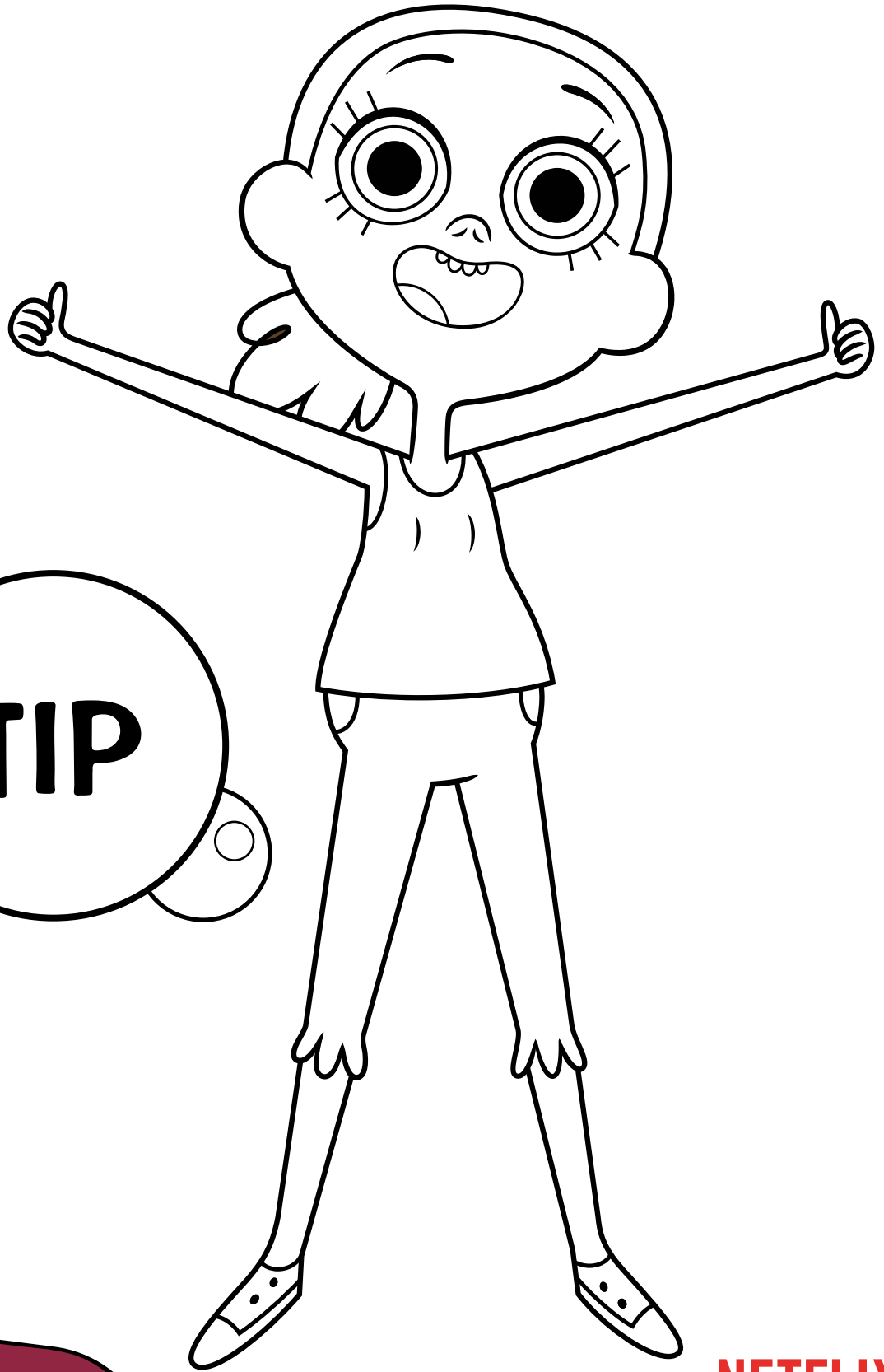
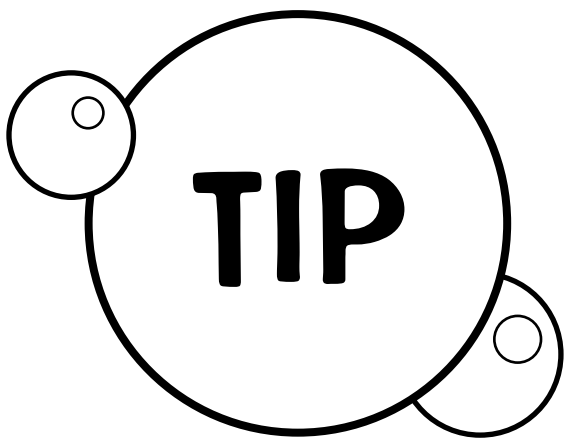
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Adventures with Tip & Oh

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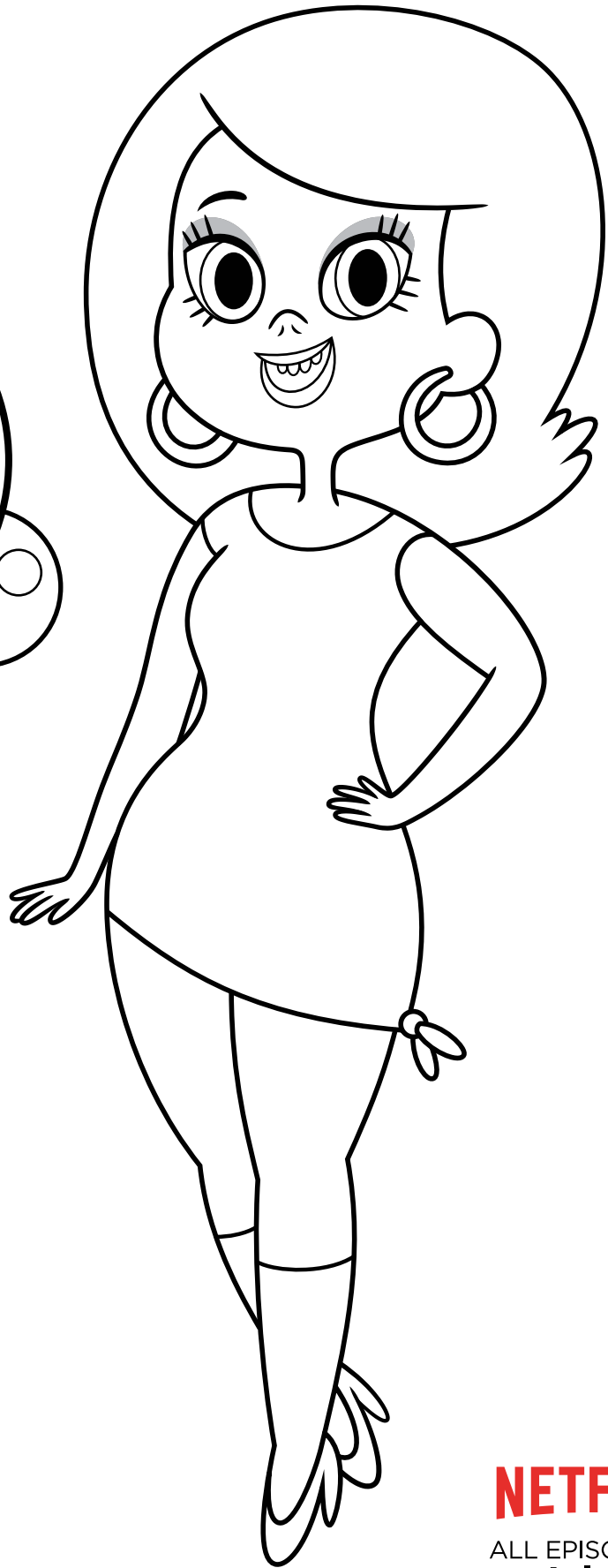
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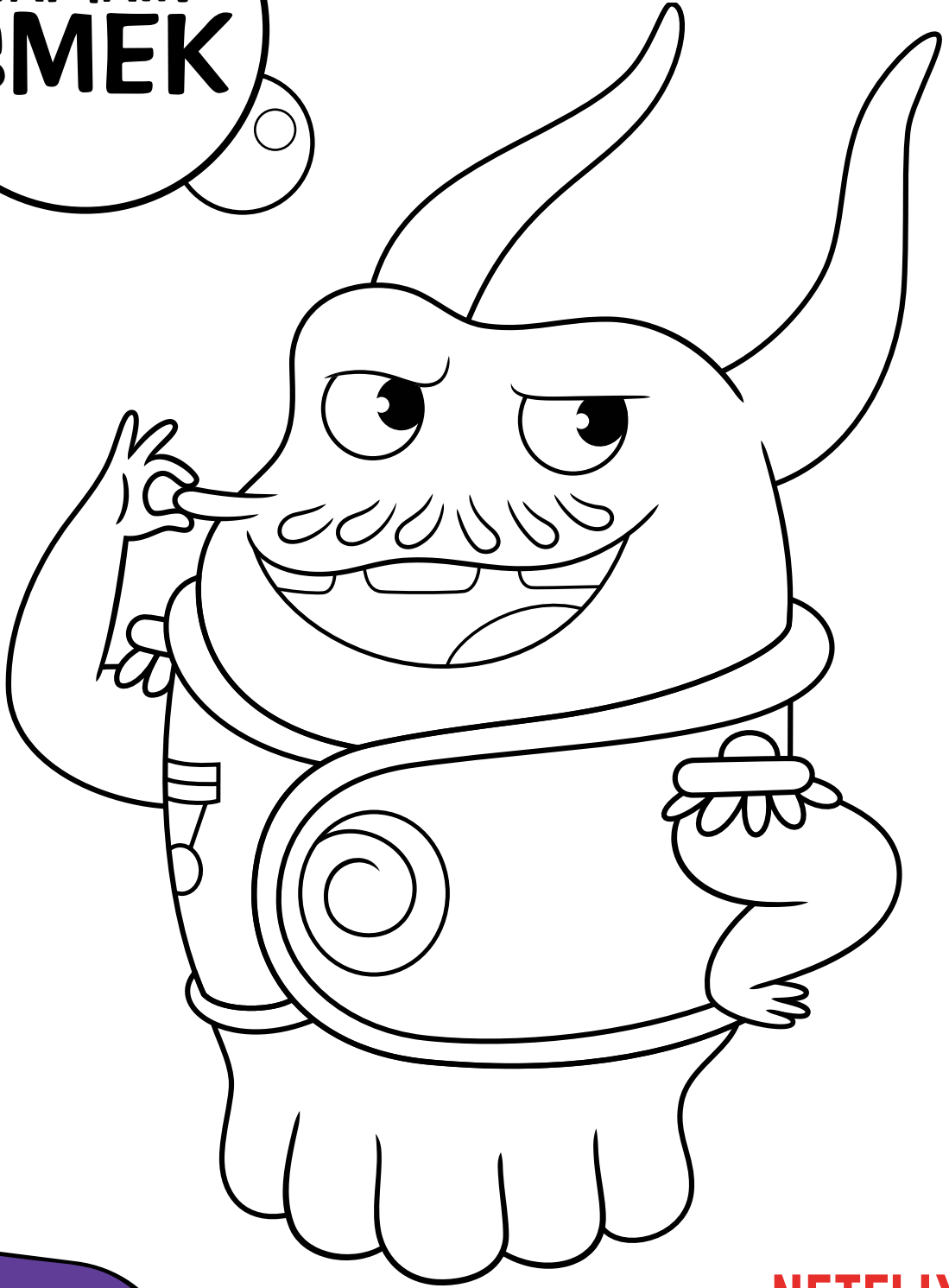
MY MOM
LUCY



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CAPTAIN
SMEK



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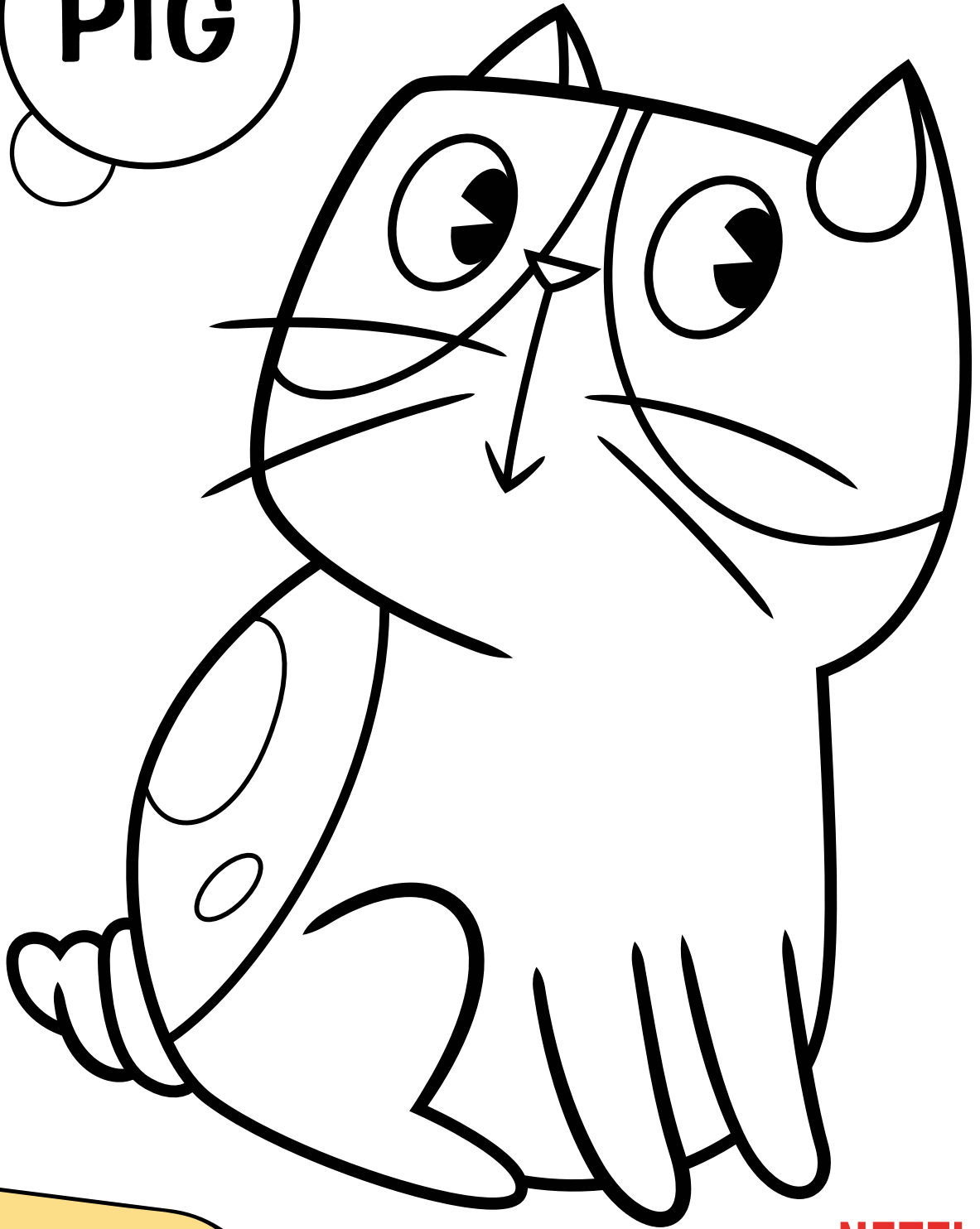
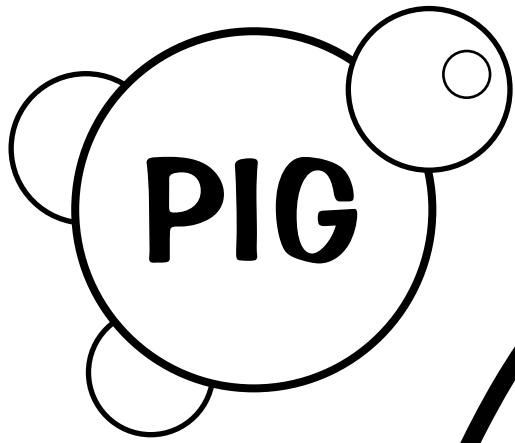
SHARZOD



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