

# LOADING YOUR PITCHER

Order is everything—follow these steps to get your recipes the way you want them, every time.

START  
FROM THE  
BOTTOM  
UP

Top off with  
ice or frozen  
ingredients.

Add dry or sticky  
ingredients like  
seeds, powders,  
and nut butters.

Pour in liquid  
or yogurt.

Add leafy greens  
and herbs.

Add fresh fruit  
and vegetables.

