

Jamba Juice



Caribbean Passion

Caribbean Passion is a very refreshing drink for when it's hot and humid . It is a combination of strawberries, peaches, passion-fruit mango juice, and orange sorbet. Caribbean Passion is described as being carried away as if you were on a tropical island. Reviews on this smoothie are all positive. I would definitely recommend this flavor to you. It's healthy and at a great price!

This flavor is VERY popular. It has 260 calories (small), 360 calories (medium), 440 calories (large) and is gluten free. It also has a lot of vitamin C. All the fruit that is in this smoothie is 100% not artificial. If you're having trouble deciding on a flavor at jamba juice, you should try Caribbean Passion.

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Energy Drinks



Crisp Apple

Jamba Juice doesn't only provide appetizing smoothies, they have amazing energy drinks. One of the three flavors is "Crisp Apple". The ingredients in this energy drink is water, apple juice concentrate, apple puree, lemon juice concentrate, caffeine, stevia extract, carbonation and natural flavors. All of this is only 90 calories! You can enjoy this drink any time, anywhere.

Strawberry Banana

Strawberry banana is another flavor of an energy drink. This flavor tastes like you're drinking strawberries topped off with bananas. What makes this energy drink taste so good? Well there is water, apple juice concentrate, apple puree, strawberry puree, banana puree, lemon juice concentrate, caffeine, stevia extract, carbonation and natural flavors. Again this energy drink is only 90 calories. Looking for a flavorful energy drink? I recommend this one.

Blueberry Pomogranate

If you don't want to try crisp apple or strawberry banana there is one last flavor. Blueberry pomogranate. This energy drink has amazing flavors. It tastes blue, in a blueberry way. This drink contains water, apple juice concentrate, blueberry puree, apple puree, pomogranate juice concentrate, lemon juice concentrate, caffeine, stevia extract, carbonation and natural flavors. This drink is also 90 calories. This drink is explo-

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Enlightened smoothies

Pomogranate Paradise

This smoothie tastes like its title. Once you take one sip of this beverage, you feel as if you're in paradise. This smoothie is made of all fruit including mangos, peaches, strawberries and pomegranate juice blend. This smoothie is as good as all the other smoothies (which is saying a lot). Don't hesitate to try this smoothie. You won't regret it.

You may be thinking that everything that tastes good has to be a lot of calories. This isn't. It's 240 calories for a small, 340 calories for a medium and 420 calories for a large. Isn't that amazing?! I would recommend this smoothie to you. Take my advice, it's amazing.

Razzmatazz

Razzmatazz is a classic smoothie. By the title of this beverage you probably imagine raspberries. Well there aren't raspberries in this smoothie. This smoothie contains strawberries, bananas, mixed berry juice blend, orange sherbert (contains milk), and ice. Doesn't that sound yummy? Well it is. This is one of my favorite smoothies and I can't imagine living without it.

Just like the rest, this smoothie has very little calories. 290 calories for a small, 390 calories for a medium and 580 calories for a large. Once you take a sip of this, you won't want it to end.



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In Season Smoothies

Jamba Juice even has in season smoothies. They can go with cold weather. Summer and spring smoothies are either here or coming up. The spring smoothies include island strawberry, pina colada, and tropical mango. I'm not gonna tell you about all of these smoothies, but I am going to tell you about island strawberry.

Island strawberry is referred to the island fruit refresher. It is a perfect smoothie for if you want to get out of your room and feel like you're in a rainforest. This smoothie contains coconut water, lemonade, strawberries, sherbert with lime, and ice. Doesn't that sound amazing?! This is only 230 calories (small), 320 calories (medium), and 380 calories for a large. That's less calories than an average jamba juice smoothie. I would definitely recommend this smoothie to you.

