



Smoothies for Beginners

Directions for All Smoothies: Place all ingredients into blender; add ice and water to get desired consistency of your smoothie. To make your smoothie more of a “meal” add some protein (Greek yogurt, protein powder, etc.) and healthy fat (almond/peanut butter, coconut flakes, avocado, etc.). For extra sweetness add banana, stevia, maple syrup or honey. Enjoy ☺

Strawberry Banana Smoothie

1 cup frozen strawberries
½ banana
1 scoop protein (optional)
½- ¾ cup coconut or almond milk

Triple Delight Smoothie

½ cup pineapple chunks
½ banana
½ cup frozen peaches
1 scoop protein (optional)
½ - ¾ cup coconut or almond milk

Chocolate Peanut Butter Smoothie

1 banana
1T cacao powder
1T natural peanut butter
½ cup almond or coconut milk
Ice cubes

Peanut Butter and Jelly Smoothie

1 cup frozen mixed berries
1T natural peanut butter
½- ¾ cup almond or coconut milk

Sunshine Smoothie

1 cup frozen peaches or mangos
½ banana
Freshly squeezed juice of two oranges
1 scoop protein (optional)