

SIX HEALTHY SMOOTHIES

Makes 1-2 Smoothies

1

GREEN

- 1 cup milk - dairy, non dairy or water
- 1 frozen banana - sliced into 3 pieces
- 3 cups spinach
- 1/2 ripe avocado
- 1 Tbsp chia seeds - optional

2

MANGO TURMERIC

- 1 cup milk - dairy, non-dairy or water
- 1 frozen banana- sliced into 3 pieces
- 1 cup frozen mango chunks
- 1 inch fresh ginger - peeled
- 1 tsp turmeric powder

3

CHOCOLATE BANANA

- 1/2 cup milk - dairy, non dairy or water
- 1 frozen banana - sliced into 3 pieces
- 2 Tbsp cacao powder
- 4 ice cubes
- 1 scoop protein powder - optional

4

BLUEBERRY

- 1 cup milk - dairy, non dairy or water
- 1 frozen banana - sliced into 3 pieces
- 1/2 cup frozen blueberries
- 1/2 ripe avocado - or 1 Tbsp nut butter
- 3 ice cubes
- 1 Tbsp chia seeds - optional
- 1 scoop protein powder - optional

5

RASPBERRY YOGURT

- 1 cup milk - dairy, non dairy or water
- 1 frozen banana - sliced into 3 pieces
- 1/2 cup plain greek yogurt
- 2 cups frozen raspberries
- 2-3 ice cubes

6

CARROT CAKE

- 1 cup milk - dairy, non dairy or water
- 1 frozen banana - sliced into 3 pieces
- 1 cup chopped carrots - cooked or raw
- 1/2 tsp cinnamon
- 1 Tbsp chia seeds - optional
- 3 ice cubes

DIRECTIONS:

1. Add the flavor ingredients to a blender and blend until smooth. Pour into glasses, serve and enjoy!