

Summer Smoothies



The Green Machine

- 2 cups tightly packed spinach or kale leaves
- 1 ½ cups fruit juice, milk, almond milk, or coconut milk
- 1 cup each frozen mango and pineapple chunks
- 1 banana, sliced
- ½ medium avocado

In a high-powered blender, blend spinach or kale and desired liquid until smooth. Add mango, pineapple, banana, and avocado, and blend until smooth. Pour into two glasses and enjoy.

Strawberry Banana

- 1 ½ cups milk, almond milk, or coconut milk
- 1 cup plain Greek yogurt
- ½ cup ice
- 2 cups frozen sliced strawberries
- banana, sliced

Place all ingredients in a high-powered blender and blend until smooth. Pour into two glasses and enjoy.

Peanut Butter Banana

- 1 cup milk, almond milk, or coconut milk
- ½ cup nonfat Greek yogurt
- 2 frozen sliced bananas
- ½ cup peanut butter
- ½ cup quick or rolled oats

Place all ingredients in a high-powered blender and blend until smooth. Pour into two glasses and enjoy.

Very Berry

- 1 cup milk, almond milk, or coconut milk
- ¾ cup plain Greek yogurt
- 1 cup each frozen raspberries, strawberries, and blueberries
- 1 tablespoon chia seeds (optional)

Place all ingredients in a high-powered blender and blend until smooth. Pour into two glasses and enjoy.