

# SMOOTHIE RECIPES

**Directions:** In a blender, combine all ingredients. Process until smooth. Serve immediately.

## GREEN MONSTER

- 1¼ cup Kale
- 1 ea Banana, frozen
- ¼ cup Grapes, seedless frozen
- ¼ cup Peaches, frozen
- ¼ cup Greek Yogurt
- 1 cup Ice
- 4 oz. Almond Milk, unsweetened

Nutrition Facts: 1.4 Servings - Serving Size: 16 oz: 160 Cal, 0g Fat, 0g Sat Fat, 0g Trans-fat, 0mg Cholesterol, 95mg Sodium, 36g Carbs, 3g Fiber, 24g Sugars, 6g Protein.



## BLUEBERRY MUFFIN

- 1 cup Blueberries, frozen
- ½ cup Banana, frozen
- ¼ cup Rolled Oats
- 1 Tbsp Flax Seed, ground
- 1 tsp Cinnamon
- 1 cup Oat Milk

Nutrition Facts: 1 Serving - Serving Size: 16 oz: 370 Cal, 6g Fat, 0.5g Sat Fat, 0g Trans-fat, 0mg Cholesterol, 125mg Sodium, 74g Carbs, 12g Fiber, 28g Sugars, 10g Protein.



## SNICKERS

- 2 ea Bananas, frozen
- 2 c Almond Milk
- 2 ea Dates
- 1 Tbsp Cocoa Powder
- 1 Tbsp Peanut Butter

Nutrition Facts: 1.6 Serving - Serving Size: 16 oz: 220 Cal, 13g Fat, 1g Sat Fat, 0g Trans-fat, 0mg Cholesterol, 190mg Sodium, 42g Carbs, 6g Fiber, 23g Sugars, 8g Protein.



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## ALOHA

- 1 ea Banana, frozen
- 1 cup Pineapple, chunks frozen
- 1 cup Strawberries, frozen
- ½ cup Apple Juice
- 1½ cup Ice
- 1 cup Greek yogurt, vanilla

Nutrition Facts: 2.5 Servings - Serving Size: 16 oz: 170 Cal, 0g Fat, 0g Sat Fat, 0g Trans-fat, 0mg Cholesterol, 30mg Sodium, 36g Carbs, 4g Fiber, 29g Sugars, 7g Protein.



## STRAWBERRY BANANA

- 1 cup Strawberries, frozen
- 1 ea Banana, frozen
- 1 cup Oat Milk
- 2 tsp Honey

Nutrition Facts: 1.1 Serving - Serving Size: 16 oz: 270 Cal, 5g Fat, 0.5g Sat Fat, 0g Trans-fat, 0mg Cholesterol, 90mg Sodium, 57g Carbs, 7g Fiber, 35g Sugars, 5g Protein.

