

## SMOOTHIE RECIPES

*All of the following are for two servings – make and share or halve the recipe for a single serving.*

### CLASSIC GREEN SMOOTHIE

- 1 frozen banana
- 1 cup greens (baby spinach, destemmed kale, collards, chard, etc.)
- 1 cup unsweetened milk (nut, soy, animal)
- Optional: Honey or maple syrup, to taste

### ESSENTIAL GREEN SMOOTHIE

- 1 cup spinach or other leafy greens
- 1 banana, frozen
- ½ cup unsweetened vanilla milk or other milk/milk alternative
- 1 tablespoon peanut butter
- ½ cup plain reduced-fat Greek yogurt
- Optional: 1 scoop protein powder or Carnation Instant Breakfast

### STRAWBERRY BANANA SMOOTHIE

- 1 banana, frozen
- ½ cup strawberries
- 1 ½ cup unsweetened vanilla almond milk or other milk/milk alternative
- 2 tablespoons chia seed or flax seeds or oats
- Optional: For an added veggie boost, add 1 cup of spinach or another leafy green

### CHOCOLATE PEANUT BUTTER SMOOTHIE

- 1 frozen banana
- 1 cup unsweetened milk (nut, soy, animal)
- 1 tablespoon natural peanut butter
- 1–3 teaspoons unsweetened cocoa powder, chocolate protein powder or chocolate Carnation Instant Breakfast
- Optional: Honey or maple syrup, to taste

### PEANUT BUTTER BANANA SMOOTHIE

- 2 frozen bananas
- 2 tablespoons natural peanut butter
- 1 cup unsweetened milk (nut, soy, animal)
- 1/2 cup plain Greek yogurt
- Optional: Honey or maple syrup, to taste

### STRAWBERRY BANANA SMOOTHIE

- 1 frozen banana
- 1/2 cup frozen strawberries
- 1 cup unsweetened milk (nut, soy, animal)
- 1/2 cup plain Greek yogurt
- Optional: Honey or maple syrup, to taste

### **MOCHA SMOOTHIE**

- 1 frozen banana
- 1 cup strong-brewed coffee
- 1 tablespoon unsweetened cocoa powder
- 1/2 cup plain Greek yogurt
- Optional: Honey or maple syrup, to taste

### **MIXED BERRY SMOOTHIE**

- 1 frozen banana
- 1 cup frozen mixed berries
- 1 cup unsweetened milk (nut, soy, animal)
- 1/2 cup plain Greek yogurt
- Optional: Honey or maple syrup, to taste

### **CLEMENTINE AVOCADO SMOOTHIE**

- 2 clementines, peeled
- 1 ripe avocado, pitted and scooped from the peel
- 1 ripe banana, peeled
- 1 cup unsweetened animal or plant-based milk
- 2 cups fresh baby spinach
- Optional: 1 tablespoon honey to taste
- Handful of ice

### **TROPICAL SMOOTHIE**

- ½ cup pineapple, frozen
- ½ cup mango, frozen
- ½ banana, frozen
- 1 cup coconut water + ½ cup water
- 1 tablespoon flax seeds
- Optional: For an added veggie boost, add 1 cup of spinach or another leafy green

### **BREAKFAST SMOOTHIE**

- 1 cup spinach or other leafy greens
- ½ banana, frozen
- 1 ½ cups unsweetened vanilla almond milk or other milk/milk alternative
- ¼ cup oats
- 1 tablespoon peanut butter or other nut butter
- 1 tablespoon honey

### **RASPBERRY PROTEIN SMOOTHIE**

- 1 cup raspberries, frozen
- 1 cup unsweetened vanilla almond milk or other milk/milk alternative
- ½ cup cottage cheese
- 1 tablespoon of almond butter or other nut butter
- 1 tablespoon honey
- Optional: For an added veggie boost, add 1 cup of spinach or another leafy green