

Smoothie Combinations

Berry-Kale

- Kale (or other greens)
- Banana
- Milk
- Berries

Blueberry-Spinach

- Spinach
- Yogurt
- Blueberries
- Banana
- Dash of cinnamon

Cherry-Blueberry

- Cherries
- Blueberries
- Oats
- Yogurt

Cherry

- Cherries
- Banana
- Shredded coconut
- Water

Apricot-Strawberry

- Strawberries*
- Apricot puree
- Yogurt
- Flax seed
- *or avocado or mango

Apricot Spice

- Apricots
- Banana
- Milk
- Flax or chia seeds
- Cinnamon
- Ginger

Peach

- Peaches (about 3)
- Milk
- Yogurt
- Cinnamon
- Ground ginger
- Chia seeds
- *oatmeal

Banana-Peach

- Peaches
- Banana
- Yogurt
- Milk
- Cinnamon
- Maple syrup

Banana-Mango

- Mango
- Banana
- Milk and yogurt
- Vanilla

Banana-Ginger

- Banana
- Milk
- Turmeric
- Fresh ginger
- Ground cinnamon
- Honey

Pineapple-Banana

- Milk
- Pineapple
- Banana
- Turmeric
- Fresh ginger

Pineapple-Orange

- Pineapple
- Banana
- Fresh orange
- Flax seed

Green Banana

- Spinach
- Pineapple
- Orange juice
- Banana

Green Smoothie #1

- Water
- Spinach
- Banana
- Apple
- Avocado
- Chia seeds
- Protein powder

Green Smoothie #2

- Milk
- Spinach (or other greens)
- Banana
- Apple
- Avocado

Green Smoothie #3 – Cilantro

- Water
- Cilantro
- Spinach
- Banana
- Pineapple
- Kiwi

Smoothie Combinations

Green Grape Smoothie

- Green grapes
- Pineapple
- Lime juice (just a squeeze)
- Fresh mint leaves
- Spinach

Grape Smoothie

- Grapes
- Banana
- Yogurt
- Honey

Cranberry

- Milk
- Frozen cranberries
- Banana
- Orange

Carrot-Mango

- Orange juice
- Banana
- Carrots
- Mango

Apple-Carrot-Beet

- Beet root (1 medium)
- Apple (1)
- Carrots (2-3)
- Orange
- Fresh ginger
- Water

Red Beet Smoothie

- Beets (root & greens)
- Pear or apple
- Banana
- Mango or pineapple
- Water

Cashew-Date

- Raw cashews
- Dates (pre-soaked for 10 mins)
- Banana
- Water
- Nutmeg
- Cinnamon
- Pinch of salt

Peanut Butter Oatmeal

- Oats
- Peanut butter
- Banana
- Milk
- Chia seeds

Pumpkin

- Pumpkin
- Yogurt
- Milk
- Honey
- Banana
- Cinnamon

Spinach and Chocolate

- Chocolate protein powder
- Cocoa powder
- Peanut butter
- Yogurt
- Spinach
- Banana

Plum

- Plum
- Orange
(strawberry/raspberry/banana/peach)
- Yogurt
- Milk
- Chia seeds
- Cinnamon
- Ground ginger

Ginger Plum

- Plum
- Yogurt
- Flax seeds
- Fresh ginger

Pear

- Spinach
- Water
- Pear
- Peach (or banana)

Blueberry Pear

- Water
- Yogurt
- Honey
- Pear
- Blueberries

Mango -Strawberry

- Mango
- Strawberries
- Pineapple orange juice

Tropical Oatmeal

- Oats
- Banana
- Lemon
- Mango
- Pineapple