

SMOOTHIE RECIPES

	Ingredients	Directions
Kale and Banana Smoothie	<ul style="list-style-type: none"> 1/2 banana 2 tablespoons hulled hemp seed 1/2 cup of frozen blueberries 2 cups water 5 leafs of kale 1 scoop vanilla protein powder 	<p>Put all ingredients in a high speed blender. Add enough water so that all ingredients are covered. Blend well. You may want to add a little more water if you like your smoothie thinner.</p> <p>TIP — Use frozen bananas for a thicker smoothie!</p>
Pear and Lettuce Smoothie	<ul style="list-style-type: none"> 1/2 banana 1 pear 2 tablespoons hulled hemp seed 2.5 cups waters Small bunch of lettuce leafs 1 scoop vanilla protein powder 	<p>Put all ingredients in a high speed blender. Add enough water so that all ingredients are covered. Blend well.</p>
Chocolate Covered Cherries Smoothie	<ul style="list-style-type: none"> 1 cup frozen cherries 2 tbspcocoa powder 1 cups unsweetened almond breeze 2 handfultspinach 1 scoop chocolate protein powder Water/Ice if needed 	<p>Blend and enjoy!</p>
Carrot Ginger Smoothie	<ul style="list-style-type: none"> 1-2 large carrots, peeled 1/2 avocado 1/2 lemon About 1/3 inch fresh ginger Water 	<p>Put all ingredients in your blender. Add water to cover all ingredients. Blend. Drink immediately.</p>
Pumpkin Pie Smoothie	<ul style="list-style-type: none"> 1/2 cup canned pumpkin 2 handfultspinach 1 cups unsweetened almond breeze 1tbsp pumpkin pie spice 1 scoop vanilla protein powder 	<p>Blend it up! Option: Try using coffee instead of almond milk to make it more like a Frappuccino! Or sprinkle in instant coffee grounds!</p>
Kiwi Dream Smoothie	<ul style="list-style-type: none"> 1 peeled kiwi 1/4 cup low sugar vanilla greek yogurt 2 handfultspinach 5-6 big pineapple chunks 1/4 cup pineapple juice Ice/water if needed 	<p>Put all ingredients in your blender. Add water to cover all ingredients. Blend.</p>
Chunky Monkey Smoothie	<ul style="list-style-type: none"> 1/2 banana 1-2 Tbls peanut butter 2 handfultspinach 1 cups unsweetened almond milk 1 scoop chocolate protein powder 	<p>Blend it up! Option: Try using coffee instead of almond milk to make it more like a Frappuccino! Or sprinkle in instant coffee grounds!</p>