



Delicious and Nutritious Smoothie Recipe(s)

Choose your favourite ingredients, blend and enjoy!

Tropical Tornado	Very Berry Blaster	Funky Monkey	Cherry-Mania
<p>Add the following to your blender:</p> <ul style="list-style-type: none"> - 1 orange, peeled and quartered - 1 ripe banana, peeled and sliced (or frozen) - 1 cup coconut water (or milk or milk alternative) - 1 cup frozen mango chunks - 1 cup frozen pineapple chunks - ¼ cup Greek yogurt (plain or vanilla) - (optional: 1 teaspoon chia seeds or ground flax seed) 	<p>Add the following to your blender:</p> <ul style="list-style-type: none"> - 1 cup almond milk, skim milk, or coconut milk - 1 banana sliced (frozen or not) - 1 ½ cups frozen mixed berries (raspberries, blueberries, strawberries) - ¼ cup (plain or vanilla) Greek yogurt - 1 tablespoon honey (optional) 	<p>Add the following to your blender:</p> <ul style="list-style-type: none"> - ¾ cup milk - BIG handful spinach - ¼ cup Greek yogurt or cottage cheese - 2 tbsp. peanut butter - 1 tsp. unsweetened cocoa powder - 1 large frozen banana - Handful of ice 	<p>Add the following to your blender:</p> <ul style="list-style-type: none"> - ½ cups juice: cherry juice, cran-cherry juice, apple juice, or white grape juice - ½ cup water or skim milk - 1 banana (break into chunks) - 1 cup frozen dark sweet cherries - ¼ cup vanilla Greek yogurt
<p style="text-align: center;">Blend and enjoy! ***Note: always feel free to add more liquid</p>			