



Tasty Smoothies

Just pick one or more from each group.
Blend and enjoy or make a batch and freeze for later.

Protein	Liquid	Fruit	Vegetable
Silken tofu, ½ c	Ice cubes, ½-1c	Banana, 1 med	Spinach, 1-2c
Greek Yogurt, 6oz	100% juice, ½ c	Blueberries, 1c	Peas, ½ c
Nut Butter, 2T	Milk (cow/soy/almond), ½ c	Pineapple, 1c	Pumpkin/squash ½ c
Cottage Cheese, ¼ c	Vegetable juice (V8), ½ c	Applesauce, ½ c	Sweet potato, ½ c
Almonds, .25c	Water, ½ c	Apple, 1 med	Celery, 1-2 stocks
Instant Breakfast Mix, 1 packet	Coffee, ½ c	Melon, berries, citrus, ½ c	Cucumber, ½ - 1 c

Suggestions:

Mouthwatering Watermelon: watermelon, cucumber, Greek yogurt, and orange juice

Green Goodness: Yogurt, ice cubes, banana, apple, spinach

Strawberry Surprise: strawberries, peas, juice, banana

Pumpkin pie: Pumpkin/squash/sweet potato, vanilla yogurt/tofu, banana + cinnamon

