

ALKALINE GREEN SMOOTHIES

Natural Drinks to Alkalize, Energize
And Increase Happiness



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Introduction

Improving oneself and one's health and well-being is always a noble and commendable effort that yields lasting beneficial rewards. Oftentimes, this journey of self-improvement is a difficult and challenging task that requires dedication, hard work, and constant, innumerable hours. Wouldn't it be great if you could give your body the benefits of healthy living and working out with just a sip out of your glass? You might think that this is impossible, but, the truth is, the secret to clean and healthy living is as easy, simple, and convenient as drinking natural and organic green smoothies.

Think of green smoothies as the healthier, more wholesome milkshake that has none of the negative side effects, such as imposing calorie counts and high sugar content, while still maintaining that great, blended, and, of course, smooth taste. Green smoothies are also very easy to make and convenient to carry around. Simply making it when you start your day at home with an ordinary blender and putting it in a thermostat will be enough to equip yourself with a boost of health and energy to last the day.

Though fruit smoothies in general can be healthy for you, green smoothies, specifically smoothies that contain green ingredients such as spinach, avocados, and similar green vegetables, can provide you with an additional edge. Green smoothies can take care of your whole body and being, including areas related to your health, metabolism, digestion, skin, circulation, and many more.

To sweeten your smoothie, adopt the 60-40 ratio - around two-thirds of the smoothie will be sweet fruits like mango, banana, berries, and melons. The remaining one-third can be green vegetables. If you are not used to adding fresh greens into your smoothie, you can start with spinach as it does not have an overpowering taste.

Introduce yourself to the world of green and healthy smoothies and be amazed by the number of easy, tasty, yet guilt-free ways by which you can pamper your body and honor it at the same time.



Banana Green Apple Smoothie



☕ Health buffs need not fret—whoever said smoothies and shakes can't be healthy? This banana green apple smoothie can prove that wrong and can actually knock those calorie-loaded chocolate vanilla smoothies out! This smoothie consists of fresh bananas loaded with minerals and fresh, succulent green apples to give it that tangy, sweet twist at the end of each sip. Take a look at this super simple recipe- low-fat, refreshing and yummy!



Banana Green Apple Smoothie

Ingredients:

1 Granny smith apple, cored and then diced
1 cup banana, chopped
1 cup spinach
8 oz low fat-yogurt (any brand will do)
½ cup almond milk
Crushed ice

Instructions:

1. Prepare everything. Wash the fruits, spinach and core the apple. Slice and set aside. Blend everything together until smooth, slowly adding the milk until desired consistency is achieved. Add ice, blend until smooth.
2. Makes about 2 cups of smoothies. You can always double the recipe if you are catering to a bigger number of people! You can serve with whip cream on top if you want your smoothie creamier. Be careful on the serving, though, so as to stay on the healthy side.
3. Serve and enjoy your smoothie! Super easy and it takes about 5 minutes to make. Perfect for a hot day out.



Coco-Lettuce Smoothie



☕ It's not always easy to be on top of things when we get too busy with work or with life in general. We may not get enough number of hours of sleep because of work and not eat healthily enough because we are too tired to even take the minutes out to cook.

This green smoothie may not be the answer to all your problems, but at least it takes care of one side of the equation. This coco-spinach smoothie is what you can whip up if you have less time for thinking about how you can fill at least a quarter of your daily dose of nutrients.

For the weight watchers, coconut water is fat-free, low in carbs and definitely low in sugar. Other benefits of using coconut water are: it boosts your immune system, raises your metabolism, re-hydrates your body and promotes weight loss. With coconut, spinach and fruits in the mix and with just about 10 minutes of your time, how could you say no? Perfect for the busy gal and those trying to stay in shape!



Coco-Lettuce Smoothie

Ingredients:

- 1 cup coconut water (base)
- 1 cup lettuce
- 2 cups blueberries
- 1 tbsp raw agave
- 1 cup crushed ice

Instructions:

1. Prepare all the ingredients.
2. Wash and chop, then blend together until smooth.
3. Add the ice in 2 batches to achieve the desired consistency.
4. Makes about 2 cups of green smoothies.
5. Serve with fresh mint and you're good to go! Super easy and packed with nutrients. Try it!



Spinach and Kale Smoothie



☕ Health buffs don't have to worry about working maximum number of hours per day and sacrificing quality and healthy food. This green smoothie is so packed with flavor and nutrients that you will feel energized throughout the day. Start your day with this smoothie and you don't have to worry about slacking off at work and feeling grumpy and down.

Once you make this, you can drink them as is or you can make them even healthier- add a tablespoon of chia seeds bursting with anti-oxidants and omega 3 and pump your immune system and feel re-energized than ever. Make this smoothie and feel good from the inside out.



Spinach and Kale Smoothie

Ingredients:

- 2 cups spinach
- 1 cup kale leaves
- ½ cup frozen apple, cored and chopped
- 1 cup soy almond milk
- 1 tbsp raw honey
- 1 tbsp chia seeds (optional)

Instructions:

1. Prepare and wash the vegetables and fruit.
2. Blend everything together until you achieve the desired consistency.
3. Voila, you have your super healthy green smoothie that takes about 10 minutes to make. No excuses when it comes to your health!



Lemon-Lettuce Smoothie



☕ What's a way to start or end your day? Don't have time for exercise to release those endorphins and feel energized and ready? Don't worry; this green smoothie with a kick can take care of your needs for you.

Make sure to pick out fresh and ripe mangoes to add sweetness and flavor to the drink. Don't worry about the "grassy" taste of the greens; add lemon juice, depending on how tangy you want your smoothie to taste, to add even more nutrients to this smoothie such as Vitamin C to up that immune system.



Lemon-Lettuce Smoothie

Ingredients:

- 1 cup fresh lettuce
- 1 cup filtered water
- 1/4 cup diced mangoes
- 1 tsp honey
- 1 1/2 tbsp lemon juice

Instructions:

1. Prepare and wash everything.
2. Cut, dice and blend everything together!
3. Add a little almond milk if you wish it to be creamier.
4. Vibrant, tangy and sweet- perfect for summer!



Apple-Kale-Cilantro Smoothie



☕ No matter what we do, there are just those people who do not like their green, leafy vegetables. Some people, no matter what age, still pinch their noses when eating a handful of greens just to keep them down. If this is the case, how else are we going to get that dose of nutrients in our systems that only green, leafy vegetables can provide? The answer: Green smoothies.

This green smoothie recipe not only provides those nutrients, but it's a perfect way to cheat your way to a healthy body without having to pinch your nose and hold your breath. Use apple juice to decrease the risk of cardiovascular diseases, lower your risk of kidney diseases and to eliminate harmful toxins from your body while using cilantro can help the peristaltic motion of your digestive track. Try this one out!



Apple-Kale-Cilantro Smoothie

Ingredients:

2 cups kale leaves
¼ cup fresh cilantro
1 cup apple juice
½ cup non-fat yogurt
¼ cup apples, cored and cubed

Instructions:

1. Wash and prepare everything then blend together until you achieve your desired consistency.
2. Serve with your leftover apples on top and you're good to go! See, vegetables aren't at all frightening. No need to pinch that nose!



Chocolate Green Smoothie



☕ Green smoothies sometimes have a negative connotation on people because of its use of leafy greens. Either they're not fun, creative or flavorful.

This green smoothie recipe aims to prove those speculations wrong. Not only does this green smoothie cater to the health buffs, but also to children who don't want their greens in the form of a salad or entrée. It comes with a special twist, too—there's chocolate! Now who says green smoothies can't be fun? It's a green, chocolate-y smoothie! Read the recipe below.



Chocolate Green Smoothie

Ingredients:

- 1 cup spinach
- 1 cup romaine lettuce
- 1/2 cup frozen strawberries
- 2 tbsp cocoa powder, or carob
- 1 tbsp raw agave
- 1 cup almond milk (alternatively use rice or soy milk)


Instructions:

1. Wash and prepare the greens.
2. Remove leaves from strawberries and wash. Half the strawberries
3. Put in blender along with bananas for about 1 minute.
4. Put in the cocoa powder, agave and milk and blend until you achieve your desired consistency.
5. Serve with additional fruits and there you go, you have your perfect and fun green smoothie!



Avocado Green Smoothie



 Green smoothies are a great source of essential nutrients that will keep you energized all day. It's an easy way to keep healthy because it's easy to digest, full of fiber and they contain less oils and salt. You know what else? They're super delicious, too! We use bok choy because it is a low-calorie food, to balance the richness of the avocado. It is also high in folic acid, making tis green smoothie perfect for pregnant ladies, as this is a requirement for them.

This green smoothie recipe calls for avocado, which is a fruit with healthy fats in it, jam-packed with nutrients that'll keep you in shape rather than out-of-shape. Aside from these, avocados help lower cholesterol levels, control blood pressure, increase nutrient absorption and help fight free radicals inside our body. Avocados are such a great way to add texture and taste any shake and smoothie. Perfect for a sunny day outside with the kids!



Avocado Green Smoothie

Ingredients:

- 1 whole avocado, diced
- 1 heaping handful/cup of bok choy
- 1 cup almond milk
- 1-2 tbsp raw honey

Instructions:


1. Wash and prepare the fruit and vegetable.
2. Dice the avocado and toss it in the blender with the bok choy and blend for around a minute.
3. Mix in the almond milk and the honey, blend until you achieve your desired consistency.

This recipe is a great source of nutrients and contains healthy fats. With regular exercise and regular drinking of green smoothies, you'll be soon saying goodbye to those fats that just won't come off! Fun, healthy and super easy!



Fiber Ridin' Smoothie



 Smoothies and shakes are a great and easy source of vitamins and nutrients when done right and healthily. You can add almost anything fruit and vegetable to your mix and it still will be delicious and nutritious.

This green smoothie recipe doubles up on the nutrients because it calls for 1 tbsp. of flax seed so as to boost your digestive system and immune system. These seeds also reduce the risk of cancer, heart disease and diabetes. Most of all, it is a good source of omega-3 and fiber. This is a green smoothie with all-in-one nutrients, what more can you ask for? It's super easy to make and low-cost, too!



Fiber Ridin' Smoothie

Ingredients:

- 1 cup spinach
- 1 cup kale
- ½ cup Greek yogurt
- 1 tsp organic vanilla essence (optional)
- 1 tbsp agave nectar
- ½ cup frozen pineapples
- 1 tbsp flax seeds. Alternatively, use flax seed powder.
- ¼ cup filtered water

Instructions:

1. Prepare and wash all the ingredients. If you are using flaxseeds instead of flaxseeds powder: First, because the seeds won't pulverize thoroughly in the blender, toss them in first in a coffee grinder and grind.
2. Once they are pulverized enough, set aside. Toss the spinach and kale, pineapple and yogurt into the blender and blend for about 1.5 minutes until smooth.
3. Mix in the other ingredients along with the pulverized flax seeds until you achieve your desired consistency.
4. Serve with a your leftover pineapples and enjoy!



Protein-packed Smoothie



☕ Sometimes, nothing beats a fresh and well-made protein shake or smoothie after a grueling workout. This green smoothie just about covers everything you need to enjoy that smoothie after hours of working so hard. Who says post-workout shakes could only be chocolate, vanilla or strawberry?

Leafy vegetables can do the trick, too, and sometimes it provides more nutrients and protein than its counterpart. This recipe is protein-packed and almost fat free; it's an essential smoothie to boost those essential nutrients you need to recover after a hard work's day.



Protein-packed Smoothie

Ingredients:

1/2 cup spinach

1/2 cup kale

1 tbsp almond butter*

*Grind raw almond nuts in the food processor until creamy and almond oil has been released from the nuts

1/4 cup coconut water

1 tbsp Greek or soy yogurt

1/2 tbsp wheatgrass powder

1 banana

Instructions:

1. Wash and prepare the fruits and vegetables.
2. Cut the spinach, kale and bananas according to how they can fit inside the blender.
3. Toss inside the blender and blend for about a minute or until greens are completely smooth.
4. Add the liquid components- peanut butter, water and yogurt.
5. Blend again until smooth. Add wheatgrass and blend until you've achieved your desired consistency.
6. Serve with slices of banana on top.

So easy to make and packed with essential nutrients and proteins.



Rollin' rollin' Smoothie



☕ This green smoothie is fun, creative and super delicious. Green smoothies are easy to make and are often regarded as a miracle food—it helps clear skin, boost your immune system, reduce the risk of cancer and heart disease, control weight and plenty, plenty more.

Often people think that green smoothies are just a combination of boring leafy vegetables that taste like grass and water—what a complete misconception! You can add just about anything in your green smoothies and still come up with a delicious and fun drink that even your kids will love. The rolled oats in this recipe gives you a boost of fiber therefore good for digestion. It also has antioxidant effects and is a good source of healthy carbohydrates.

Finally, the rolled oats will give the smoothie some texture if you're not up for the "regular" smoothie. Also, this calls for mangoes and strawberries- frozen or fresh will do! Both will end up in a yummy and nutritious smoothie.



Rollin' Rollin' Smoothie

Ingredients:

- 1 cup lettuce
- 1 cup kale
- 1/4 cup rolled oats
- 1/2 cup frozen mangoes
- 1/2 cup frozen strawberries
- 1/4 cup Greek yogurt
- 1/2 tsp organic vanilla essence
- 1 tbsp raw honey
- 1/2 cup filtered water


Instructions:

1. Prepare and wash everything.
2. Blend the lettuce and kale with the water until smooth, no leaves showing.
3. Blend in the mangoes and strawberries for about a minute.
4. Add the yogurt, oats, honey and water and blend until you've reached your desired consistency.
5. Serve with leftover mangoes/strawberries and put some whip cream on top to make it even more festive. Perfect for a hot, summer day.



Spinach Strawberry Smoothie



 Green smoothies have become an integral part of health aficionado's lifestyles. It contains vitamins and nutrients that will get you going throughout the day.

One cup of green smoothie each morning will immediately leave you feeling refreshed and energized. They are easy to make, fast and fast to metabolize.

This green smoothie recipe calls for strawberries, melons and pea sprouts, a great combination. There are a lot of health benefits from these ingredients- strawberries, for example, are packed with anti-oxidants and boosts immunity. It also is a plus that it contains anti-wrinkle properties. On the other hand, melon contains a surplus of vitamins like vitamin A, C and Potassium- a must for healthy heart maintenance. Throw in some pea sprouts for added texture to make it more fun!



Spinach Strawberry Smoothie

Ingredients:


- 1 cup spinach, chopped
- 1 cup strawberries
- 1 cup cantaloupe melon
- 1/3 cup pea sprouts
- Filtered water (to achieve desired consistency)

Instructions:

1. Prepare the ingredients, making sure that the fruits and vegetables are well cleansed.
2. Add everything together in your blender and blend.
3. Add more water according to your desired consistency. With just these steps, you can enjoy a cup of fresh and enjoyable healthy drink! Enjoy!

Breakfast Smoothie



 This smoothie recipe is for the busy person who enjoys breakfast in a cup. This recipe is sweet, and also has a handful of protein added to it. Blueberries are the fruit ingredient in this recipe-- make sure they are fresh/frozen to ensure fresher results. Not only are blueberries super delicious, but they also have fanciful health benefits, too. These fruits have the highest antioxidant capacity of all fruits; they also stimulate immunity by increasing the levels of hemoglobin and oxygen concentration in the blood.

Another fun ingredient that we will add is whey protein. Some may say that protein supplements are only for those who work out regularly- well, they couldn't be any more wrong. Whey protein, especially when taken with other healthy options promotes overall health, boosts the metabolism, supports immunity and yes, increases muscle mass. Now, with a drink like this, who would want to skip breakfast?



Breakfast Smoothie

Ingredients:


- 1 cup almond milk
- 1 frozen banana
- 1/2 cup frozen blueberries
- 2 cups kale
- 1 scoop vanilla whey protein powder (you may substitute chocolate flavor)

Instructions:

1. Toss everything together in the blender and blend.
2. Add more milk according to your desired consistency. There you have it, your power-builder green smoothie. Try it!

Smoothie ala Cobana



 You don't need to go to a tropical island for a taste of fresh coconut smoothies. This recipe will prove to be just as delicious as its original counterpart—and I bet it's healthier, too! This recipe calls for quinoa, a whole wheat grain high in fiber which aids in digestion and weight loss. It's regarded among nutritionists as a "superfood" because of its healthy characteristics and how it helps boost weight loss in a healthy way. The main component of this recipe is coconut juice and meat, which is jam-packed with antioxidants, low in calories and definitely low in sugar. Add in some non-fat milk and you've got yourself a creamy and dreamy coconut green smoothie shake with fresh bananas to enhance the nutrients.



Smoothie ala Cobana

Ingredients:

1/3 cup cooked quinoa
1/2 cup fresh coconut juice
1/4 cup coconut meat
1/4 cup almond or rice milk
2 cups spinach
1 large banana, sliced
1/4 inch ginger
1 tbsp raw honey

Instructions:

1. Cook your quinoa.
2. Once ready, let it cool for a bit and toss it in the blender with the rest of the ingredients.
3. Blend and add the juice until you've reached your desired consistency. Easy and healthy!



Violet Green Smoothie



🔥 A green smoothie packed with fruits! A fresh, vibrant and delicious green smoothie that you will surely keep on making everyday. It has all the essential nutrients brought about by the different fruits mainly kiwi and grapes and a heaping cup of lettuce greens.

Kiwi has a high fiber content and helps improve conditions like diabetes and prevents diseases like colon cancer. It also contains a remarkable amount of antioxidants like vitamin C, A and E. Grapes, on the other hand, are often called as the queen of fruits- a powerhouse of numerous vitamins and minerals and should often be included as an integral part of our diet. They have a sweet and succulent taste that is perfect for making shakes/smoothies.



Violet Green Smoothie

Ingredients:

2 cups grapes
1 cup lettuce
1 cup slice kiwi
1 tbsp raw honey
1 tsp chia seeds
1 cup water

Instructions:

1. First, pulverize the chia seeds.
2. Cut the grapes in half and remove the seeds.
3. When it is grinded, prepare all the other ingredients and blend together until smooth and until desired consistency is reached.



Almond Green Smoothie



☕ This green smoothie recipe may just be given the name “Super Smoothie” because of its ingredients: Kale, Almonds and Almond milk. Many nutritionists have often referred almonds as one of the most influential foods when it comes to weight loss. It has a healthy amount of fat that our body needs—that the kind that our body will reject after some time.

Kale also has often been in the super food lists because of its tremendous benefits to our body. Paired and finished with yummy and healthy almond milk, this smoothie can be your go-to recipe when you need to feel energized and great without sacrificing those pounds. This is a great recipe for those watching their weight!



Almond Green Smoothie

Ingredients:


- 1 cup almond milk (can be replaced with soy milk)
- 2 cups kale
- 1/4 almonds (grinded)
- 1 tbsp dark chocolate butter, or carob powder
- 1/2 cup crushed ice

Instructions:

1. First, grind the almonds separately so it could mix well with the rest of the ingredients.
2. After grinding, toss together everything in the blender and blend.
3. Don't worry about the nuts not being thoroughly grinded; this just gives it a nuttier flavor. Nutty, chocolate-y and healthy- who wouldn't want to try this?

The Fall Smoothie



 Pumpkins are such versatile vegetables that it can be practically made into anything- bread, ravioli, pie, pumpkin soup—the options are endless and needless to say, anything with pumpkin taste delicious too.

Pumpkins have an array of health benefits, such as keeping a healthy vision and heart. This recipe calls for a pumpkin puree that you pour on top of your finished smoothie. This way, you can appreciate more the creamy and flavorful pumpkin while carefully transitioning to the freshness of the green smoothie until the flavors collide. Sounds tempting? Try it!



The Fall Smoothie

Ingredients:

- 1 cup lettuce
- 1 cup pumpkin puree
- 1 cup frozen strawberries
- ½ - 1 cup almond milk
- 1 tbsp raw honey (optional)

Instructions:

1. Puree the pumpkin until completely mashed, almost soup like. Set aside.
2. Blend the other ingredients together in a blender until you reach your desired consistency.
3. Pour into a tall glass, followed by the pumpkin puree to give it a two-tone color.
4. Serve and have fun!



The Vitamin C Smoothie



☕ We all need that boost of vitamin C everyday to ward off those pesky infections and viruses. Well fret no more-- Having this Vitamin C loaded smoothie everyday will prove to not only give you energy throughout your hectic day, but also help your immune system guard you from diseases that sometimes you just can't protect yourself from.

This recipe has lemons, orange, pineapple and grape juice—with everything combined, you have yourself a delicious and easy-to-make defense system. Swiss chard is your leafy greens of choice here; the slightly salty taste will counteract with the sweetness and tanginess of the fruits-- a perfect combination.



The Vitamin C Smoothie

Ingredients:


1/4 orange, peeled
1/2 cup grapes, skin removed
3 tbsp lemon juice
3 cups swiss chard, chopped
1/4 cup fresh pineapples (as much as possible, don't use canned)
As much water as you need (about 1 cup)
Crushed ice

Instructions:

1. Blend all the fruits first and half the water.
2. When everything is well blended, add in the rest.
3. Blend until you reach your desired consistency.

Peach Perfect



 With their soft and supple skin, peaches have become a primary in one's pantry during summertime. Peaches provide a huge amount of nutrients for your body but it has essentially no fat. It is a fruit that is best for those trying to manage their weight and basically drink this smoothie as their sugar substitute for the day instead of processed foods. The skin contains the most amount of antioxidants, including chlorogenic acid which helps fight off free radicals. In addition to that, peaches contain at least 10 various vitamins and minerals.

Needless to say, this recipe is a goldmine of health benefits- now who wouldn't want a sip of this? Perfect for autumn, summertime or just a plain old day where you want to feel refreshed and energized.



Peach Perfect

Ingredients:

1 cup fresh, sliced peaches, peeled

*You may want to blend with the skin if you are using organic peaches, as the skin contains plenty of antioxidants.

1/2 cups lettuce, chopped

1/4 cup mangoes

1/2 cup rice milk

1/2 organic vanilla essence

1/3 cup filtered water, chilled

Instructions:

1. Add all the ingredients in a blender until very smooth.
2. Add more water to reach desired consistency if too thick.



The Basic



☕ Often, green smoothies consist of a leafy green, fruits and water. There are various improved recipes for green smoothies out there, but this takes you back to the basics. This was the first green smoothie I have ever made, and until now I keep coming back for more. With 3 fruits in the mix, how can you resist?

Fresh avocados, apples and banana – 3 of the most common fruits for smoothies—are all components of this one. Add your greens and water and voila, you have your super yummy and super basic smoothie.



The Basic

Ingredients:

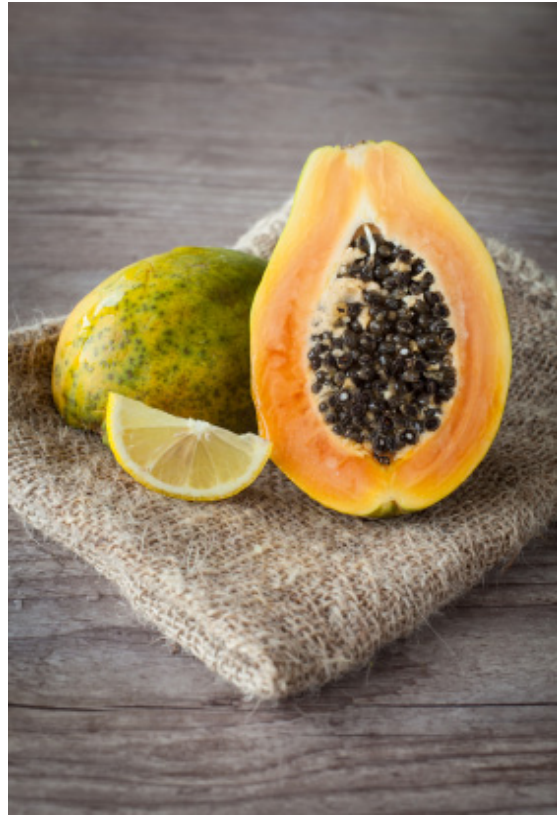
- 1 cup kale
- 1 cup spinach
- 1/2 cup avocado
- 1 banana
- 1/2 apple
- 1 cup water


Instructions:

1. Wash the ingredients thoroughly, especially the leafy greens.
2. Blend the banana and avocado first, then add the other ingredients and blend everything together making sure there are no chunks left.
3. Serve over ice and you're good to go!



Angel Smoothie



 Papayas are a part of the class of fruits and vegetables with yellow and orange pigments. Naturally, these fruits tend to contain high amounts of antioxidants, carotenoids and bioflavonoids. These fruits help prevent cataract formation, hypertension and colon cancer. Don't be fooled by the unusual smell these fruits give off, Papayas actually tastes sweet and very fruity, much akin to a melon or ripe mango.

Regarded as “Fruit of the Angels” by Christopher Columbus, this fruit has a goldmine of benefits, and can be eaten raw in a fruit salad, or a great sweet addition to a green smoothie.



Angel Smoothie

Ingredients:

- 1 cup bok choy, chopped
- 1½ cup fresh, sliced papayas
- ½ cup mangoes
- 1 cup crushed ice
- ½ cup pineapple juice


Instructions:

1. Prepare everything and toss into blender.
2. Blend until you have reached your desired consistency.
3. Serve with a serving of fresh papayas on top to enjoy even more.



Lychee Watermelon Green Smoothie



 This refreshing summer drink will certainly tickle your taste buds and gear you up for a full day ahead. This recipe will blindsides you in a way that you won't even think there are vegetables involved. It's so revitalizing and cool that you will need another cup. This recipe calls for lychee, one of my personal favorite fruits which taste is a bit reminiscent of a rose. Lychees are often regarded as a super fruit as it contains a heaping serving of vitamins and minerals. It helps boost your immune system and is has often been revered as a fruit which can relieve swollen glands and pain.

Another component is the watermelon—one can attest just how refreshing this fruit is because of its high water content; because of this, it has basically no calories at all. Try the recipe below!



Lychee Watermelon Green Smoothie

Ingredients:


- 2 cups fresh lychees
- 1 cup cubed watermelon
- 1 cup romaine lettuce
- 1 tbsp mint leaves, sliced
- 1 cup green tea

Instructions:

1. Prepare everything. First, prepare the green tea by simmering a green tea teabag in hot water and let it cool for a few minutes.
2. After which, blend everything together in a blender until you reach desired consistency.
3. Garnish with another mint leaf and enjoy!

Berry Cherry



 Berries are known for their variety, color, shape and most of all their juicy, tart taste. Cherries, which are known for its bright “cherry” hue are known for its taste and its lovely hue, a “cherry” red, as they say. Toss some berries into your favorite recipes to incorporate your daily fix of antioxidants and vitamins in a healthy and delicious way.

These precious fruits are packed with antioxidants that have been connected with slowing aging. They also protect the heart and circulatory system.



Berry Cherry

Ingredients:

- 1 cup cherries, pits removed
- 1 cup blueberries
- ½ cup banana, sliced
- 1 cup baby spinach
- ¼ cup non-fat yogurt


Instructions:

1. Blend the banana and yogurt together first, then add the other ingredients, blend everything together, add water to your desired consistency and enjoy!
2. This drink can be taken before sleeping because cherries are among the few foods/fruits that contain natural melatonin that can help regulate your body's sleeping pattern. Go ahead and fix that snack!



Guava-Mango Green Smoothie



 Guavas are flavorful fruits that help give your green smoothie a tart taste to it. These fruits are especially high in vitamin C, containing up to 209% RDA. It is also a good source of Vitamin A. Another benefit to adding guavas into your smoothies is that these fruits are good source of antioxidants with many health benefits. Make sure not to leave out the flesh for they contain the highest amount of vitamins and minerals.

When using these fruits as part of your drink, be careful not to include the seeds into it because they don't blend well with the other ingredients. Take the seeds out first or use the outer flesh, which are really tasty. We will then add some mangoes to this drink as well to lend a sweeter kick to the drink. Enjoy!



Guava-Mango Green Smoothie

Ingredients:

- 1 cup guava, seeds removed
- 1 cup diced mangoes (ripe)
- 1/4 cup almond milk
- 1 cup chard

Instructions:

1. Remove the seeds from the guava and only select the fleshy parts.
2. Add with the rest of your ingredients into the blender and blend until you've reached your desired consistency. Enjoy!



Orange-Carrot Smoothie



☞ Carrots add a huge amount of vitamins and minerals to your ordinary smoothie. While it lacks in the “taste” department, it makes up with its nutritional value. Carrots are famous for its beta-carotene content, which the body then processes into Vitamin A, which makes it a super food for our eyesight. Aside from this, carrots are also a great source of fiber.

Oranges will also be added to this recipe, adding a huge amount of Vitamin C to an already nutrition-packed smoothie. It also adds a kick of sweet-sour flavor to it, making this drink simply irresistible.



Orange-Carrot Smoothie

Ingredients:

1 cup shredded carrots
½ cup peeled oranges
1 stalk celery, sliced
½ cup water
1 tbsp raw honey
1 cup kale

Instructions:

1. Peel orange and slice. Peel the carrots, next, and shred them to ensure better blending.
2. Dice the celery and toss everything into your blender.
3. Add water until you've reached your desired consistency.



Watermelon-Strawberry Smoothie



☕ This refreshingly cool drink can substitute any of your summer drinks and take them out the ballpark. This recipe is so refreshing and tasty that you will forget that there are vegetables involved. Your kids will love this, your visitors for that pool party will love this, your family will love this. What's more, it's packed with nutritional value that can be lacking in your normal summer drink of choice.



Watermelon-Strawberry Smoothie

Ingredients:

- 1 cup watermelon
- 1 cup fresh/frozen strawberries
- 1 tsp grated ginger
- 1/4 cup Greek yogurt
- 1/4 cup crushed ice
- 1 cup romaine lettuce, washed and chopped


Instructions:

1. Remove the seeds from the watermelon.
2. Blend everything together until you've reached your desired consistency. Add raw honey if desired. Enjoy!



Lychee-Cinnamon Swirl



 Cinnamon is one of my favorite spices, ever. It is a wonderful flavor to add to just about anything-food, drinks, baked goods etc.. It goes well with a variety of fruits especially apples and banana. Furthermore, research found that cinnamon has elements that fight against colon cancer and melanoma.

With this recipe, we're going to pair this flavorful spice with one of the most refreshing fruits ever- Lychee. Lychees are excitingly delicious. It is excellent in smoothies, shakes or with green tea. Lychees have a tremendous amount of vitamin C. They are also a good source of antioxidants. This is a low-calorie smoothie so don't be scared to drink this more than once a day! I also don't recommend them to be used as a meal replacement. Enjoy!



Lychee-Cinnamon Swirl

Ingredients:

- 1 cup peeled lychees, seeds removed
- 1 tsp ground cinnamon
- 1 tbsp raw honey
- Crushed ice
- ½ cup Greek yogurt
- 1 cup baby spinach
- ½ cup water

Instructions:

1. We will assemble the drink so it will have a beautiful look.
2. First peel the lychees. Toss it into the blender with the crushed ice, honey and yogurt.
3. Blend until creamy then set aside. Next, blend the baby spinach, water and cinnamon until you've reached your desired consistency.
4. After which, assemble the drink. First pour the spinach mixture into the glass.
5. Pour the lychee mixture. You will have the green at the bottom, then white.
6. Garnish with mint or another lychee. Enjoy!!



Green Tea Green Smoothie



☕ Green Tea has a fantastic and wide array of health benefits. First and foremost, it is particularly known for its amazing quality of fighting off cancer and heart diseases, and preventing diabetes and stroke.

Green tea is also known for its antioxidants, called catechins, which are scavengers for free radicals overall contributing to our body's wellness.

Green tea, aside from its superpowers for health, is also amazingly delicious when combined with a wide array of drinks. In this recipe, we will incorporate green tea with the leafy greens and some flavorful fruits. Make sure to not use bitter greens in this recipe! Enjoy!



Green Tea Green Smoothie

Ingredients:

- 1 bag green tea
- 1 cup hot water
- 1 tbsp lemon juice
- 2 cups strawberries
- 1 cup romaine lettuce
- 1 tbsp raw honey

Instructions:

1. Prepare the green tea. Heat some water and dip the tea bag until full flavor has developed. Let it cool for about 5 minutes and set aside.
2. Toss everything into the blender with around $\frac{1}{4}$ of the green tea.
3. Slowly blend in the tea until you have reached your desired consistency. Enjoy!



Banana Vanilla Chia Smoothie



☕ This smoothie is actually reminiscent of a Vanilla shake but with the added health benefits, something that your kids will definitely enjoy.

Vanilla is one of the most flavorful and aromatic spices ever. It is the most commonly used spice in all baked foods, confectioneries and desserts. Its delicate flavor is unique to vanilla.

When added to drinks, it gives a milky, sweet taste. Add banana to this drink for a creamier effect. We will also add chia seeds for a healthy kick.



Banana Vanilla Chia Smoothie

Ingredients:

- 1/4 cup Greek yogurt
- 2 tbsp organic vanilla essence
- 1 big banana, mashed
- 1 cup crushed ice
- 1 tsp raw honey
- 1 tbsp chia seeds
- 1 cup cilantro, washed and chopped

Instructions:

1. Pulverize the chia seeds separately.
2. Set aside. Toss everything into the blender and blend well.
3. Put in the chia seeds and blend until completely creamy.
4. Make sure the leaves are all blended and no big pieces are seen. Enjoy!



Chocolate Avocado Smoothie



☕ Raw cacao is an excellent and very delicious flavoring that gives an indulgent kick to smoothie recipes. It works so well with most fruits including strawberries, bananas and mangoes. It promotes total body wellness not just because of its rich quality but also because of its power to provide natural mood enhancers.

We will combine avocado and chocolate in this recipe which will equate a very creamy and rich drink. It's a little bit higher in calories and in healthy fat so I wouldn't recommend this to those trying to lose weight. Enjoy this very indulgent drink!



Chocolate Avocado Smoothie

Ingredients:

- 1½ cups avocado, diced
- 1 cup baby spinach, washed and chopped
- 2 tbsp raw cacao (powder)
- 2 tbsp raw honey
- 1 cup filtered water (approximately)


Instructions:

1. Blend avocado and ½ cup of water together.
2. Add the other ingredients, blend everything together until smooth and creamy. Add more water to achieve desired consistency. Serve cold. Enjoy!



Peach-Mango Smoothie



 Peaches have a nice texture that make a great smoothie or shake. They are an excellent source of vitamin c, lycopene and potassium. Peaches, when combined with mangoes, give out a very flavorful and sweet combination that leaves the palette wanting more. It is a great combination for pies, too!



Peach-Mango Smoothie

Ingredients:

2 peaches, peeled, cored and diced
2 cups mango
2 cups kale
1/2 cup filtered water


Instructions:

1. Blend everything together until smooth. Add water to achieve desired consistency. Enjoy this refreshing drink!



Coconut-Pineapple Wheatgrass



 This recipe is a different take from the usual pinacolada. Coconut water and meat are infused in this drink. The coconut allows the pineapple to be the star of the drink, subtly complimenting the tangy, sweet flavors of the pineapple. This drink is so refreshing that it will instantaneously take you to the Caribbean islands. With the use of the powerful wheatgrass, this drink takes healthy on a different level.

Wheatgrass has so many benefits that you would question yourself why you didn't drink it sooner. Some of its qualities include: cleansing the intestinal tract of its debris, restoration of youthfulness, restoration of alkalinity in the blood and increasing red blood cell count and lowering blood pressure. There are more benefits from wheatgrass but taking time to list them all out would take up the whole page so without further ado, the coco-pineapple wheatgrass recipe.



Coconut-Pineapple Wheatgrass

Ingredients:

- 1 cup coconut meat
- ½ cup coconut juice
- 2 heaping tbsp of wheatgrass powder
- 1 cup pineapple, diced
- 1 tbsp raw honey

Instructions:

1. Break open the husk of the coconut, and carefully transfer the coconut juice into a cup. Use a metal spoon to remove the coconut meat.
2. Cut the coconut meat into smaller pieces and blend it first.
3. Blend the rest of the ingredients together, then stir in honey.
4. Serve chilled, and enjoy this refreshing drink!



Strawberry-nana Spinach



☕ Fresh strawberries and fresh ripe bananas, a combination that is truly magical and oh-so delicious. Strawberries have a distinct fresh and sweet taste that leaves people wanting for more. Kids and adults love them with just about any drink.

The bananas, on the other hand, give this recipe its creamy base and texture. It's a powerful fruit that is so versatile. Enjoy this drink along with a healthy sandwich. Perfect for lunch beside the pool!



Strawberry-nana Spinach

Ingredients:


- 1 cup almond milk
- 1 banana, mashed
- 1 handful fresh baby spinach, washed and chopped
- 1 cup frozen strawberries
- 1 tbsp agave nectar

Instructions:

1. Blend the banana, strawberries with almond milk first.
2. After that, add the spinach and agave nectar. Serve chilled, and enjoy this refreshing drink!

Pear-Ginger Smoothie



 Pears are often overlooked, but they can also be a great base for smoothies just like its more famous counterparts, the avocados, mangoes and bananas. They also add a great, unique flavor to any drink as well.

Pears are a good source of dietary fiber and also contain levels of copper and vitamins C and K. Antioxidants in pears help promote cardiovascular and colon health and protects against age-related muscular degeneration.

For this drink, we will add some bits of ginger just for added flavor. Don't go crazy for it, though, because ginger can be a mild irritant for some. Did you know that ginger has plenty of benefits as well? Ginger is widely known for its immune-boosting and stomach-settling abilities. This is a truly refreshing and unique drink that you will surely enjoy.



Pear-Ginger Smoothie

Ingredients:

- 1 cup fresh kale
- 2 cups pears, diced
- 1 tsp ginger, peeled and diced into small bits
- 1-2 tsp raw honey
- ½ cup water

Instructions:

1. Blend everything together, starting with the water, and adding the kale last. Add ginger gradually and taste to ensure that it is not too overpowering.
2. Add a little honey to the smoothie to soothe the ginger flavor.



Green Apple Smoothie



☕ I'll have to admit that I am a little biased with green apple. Any mention of green apple in the drink and I'll gulp it down immediately. These shiny apples add a very refreshing and distinct taste to any drink. It adds a great flavor because it is sweet yet tangy, almost lemon-like but with more sweetness. I don't know what part of this fruit that produces its refreshing vibe but it just has exactly that—a refreshing and cool vibe that is so perfect when you're feeling hot. Pair this drink with mint or drink it on its own, both are just perfect. Make this recipe and see for yourself.



Green Apple Smoothie

Ingredients:

2 green apples, cored and sliced.
1½ cup romaine lettuce, chopped
1 tbsp mint
2 tbsp raw honey
½ cup water


Instructions:

1. Juice the apples using a juicer.
2. Wash romaine lettuce thoroughly and drain.
3. Blend everything together, adding the lettuce in last! Enjoy!!



Carrot Monster



 Carrots add a subtle yet tasty element to this drink. They are mostly known for their rich beta carotene component, which the body processes into vitamin A. Also, we've all known from the very beginning that carrots are good for your eyesight. They pack a well-rounded nutritional roster that includes vitamins C, B3, B6 and K.

Carrots are also a very good source of fiber. For this recipe, carrots will be our main star. We add in some fresh kale in there and you have yourself a super healthy drink that you will love. Add some cinnamon spice and you won't get over this.



Carrot Monster

Ingredients:

2 cups carrots, minced
1 cup kale
1½ tsp cinnamon powder
1 tbsp raw honey

Instructions:

1. Mince carrots into small pieces or cut them into thin slices, juice the carrots and keep the carrot juice.
2. Add fresh carrot juice to the other ingredients, blend everything together and enjoy!



Almond Butter and Apples



☕ Finally, a drink that won't elicit a side-eye from your children. This drink knocks all those kiddie drinks off the ballpark because of its playful yet healthy components. This is a drink you will want to serve your children because it's so delicious and rich and creamy yet insanely healthy. Apples are a good source of fiber and antioxidants while almond butter gives this drink the playful and creamy oomph that kids will surely love. Enjoy!



Almond Butter and Apples

Ingredients:

- 1 apple, cored and sliced
- 2 tbsp natural almond butter
- ½ cup almond milk
- 2 cups spinach

Instructions:

1. Using almond milk as the base, add almond butter and blend till the almond butter is smooth.
2. Add the other ingredients and blend everything together! Serve with a straw. Perfect for kiddie parties!



Orange and Parsley Smoothie



☕ Most people think that parsley is just a garnish—it's not. Parsley adds a powerful dose of vitamins and minerals and tastes great in a green smoothie.

What's so special about parsley? For starters, one cup of fresh Italian parsley only contains about 22 calories. It has 2 grams of protein and 2 grams of fiber. Like most fruits and vegetables, parsley is a complete protein, meaning that it contains all essential amino acids. Combine this with the powerful health benefits of orange/tangerine, and you have yourself a refreshing, winning combination.



Orange and Parsley Smoothie

Ingredients:

- 1 whole orange, peeled, seeds removed
- 1 heaping tbsp of parsley
- 1 tbsp raw honey
- 1/2 cup crushed ice

Instructions:

1. Wash and cut the orange. Remove the flesh.
2. Wash the parsley thoroughly and slice into tiny bits.
3. Blend everything together, stir in honey and serve chilled!



Green Blueberry Protein Shake



☕ This recipe is perfect for the body conscious people pre or post workout! This has protein powder in it to help build body mass. You can use either chocolate or vanilla to enhance the taste! The main ingredient in this smoothie is the blueberry which gives it a rather tangy yet very distinct flavor.

Blueberries are most commonly known for its antioxidant properties and its rich hue. This drink is particularly healthy because it is low-carb, has high protein content and has a massive antioxidant property. I'm sure you will love it.



Green Blueberry Protein Shake

Ingredients:

- 1 cup frozen blueberries
- 1 cup romaine lettuce, washed and chopped
- 2 tbsp organic vanilla powder
- 1 tbsp raw honey
- 1 cup water

Instructions:

1. Blend everything together, stir in honey and enjoy!

Lemon Smoothie



☕ This is the perfect lemonade summer drink made with fresh, real lemons but with a healthier twist! This is another standalone drink as I wanted to make the lemons stand out while still allowing it to be complemented by the greens. It is also a perfect summer drink because you can have as many servings as you like and it is practically calorie free! Save for a few from the greens and honey but does it actually matter?

This drink is so light and refreshing that you will forget that it's actually a health drink! Plus the boost of vitamin C isn't bad either.



Lemon Smoothie

Ingredients:

2/3 cup fresh lemon juice
3 tbsp lemon zest
1 cup spinach
1 cup crushed ice
4 tbsp raw honey

Instructions:

1. Blend spinach, then add lemon juice and lemon zest. Add honey to sweeten the drink and stir. Enjoy!



Bok Choy Smoothie with Banana and Lychee



☕ Time to make the greens the star of the show! This recipe calls for a bulk of bok choy or Chinese cabbage—a leafy vegetable that is closely related to kale and broccoli. This green is frequently used in Chinese dishes, adding texture and flavor to it. It is also a powerhouse of vitamins, minerals and antioxidants. We will pair this vegetable with banana just to give it a slightly creamy and thicker texture.

We will then add the lychee for the subtle sweetness as to not overwhelm the drink because we want the bokchoy to stand out.



Bok Choy Smoothie with Banana and Lychee

Ingredients:


2 cups bokchoy
1 cup peeled lychees
½ cup bananas
1 cup water
2 tbsp raw honey

Instructions:

1. Wash the bok choy carefully. Cut the stem into small pieces.
2. Peel the lychees and remove the seeds. Alternatively, you can use longans.
3. Blend everything together, stir in honey and enjoy!

Mint-Melon Refresher



 Here is a recipe that integrates health and refreshing indulgence all in one cup. Cantaloupe, a rich source of vitamin A (as beta-carotene) and vitamin C, is the main base of this drink, giving it a melon flavor. Mint is then mixed in which just gives a burst of freshness to the cup. Kale is then added to complete it. This is the ultimate summer green smoothie.



Mint-Melon Refresher

Ingredients:

2 cups kale
1 cup cantaloupe melon
1 tbsp fresh mint
Filtered water

Instructions:

1. Prepare the ingredients, making sure that the fruits and vegetables are well cleansed.
2. Add everything together in your blender and blend. Add more water according to your desired consistency.
3. With just these steps, you can enjoy a cup of fresh and enjoyable healthy drink! Enjoy!



Lychee-Pineapple Smoothie



☕ I personally love lychees. Lychees are the kind of fruit you eat when you want your palette refreshed from all the other foods which are heavier in flavor. It's sweet, with a mild and subtle flavor that when combined with other fruits, gives it tanginess. .

Lychee is a low-calorie fruit, thus this drink is not ideal to be a meal replacement. This drink is combined with pineapple, a good source of antioxidants and fiber, to give it the tangy and even more refreshing twist. Perfect for when you're out by the pool, lounging. Enjoy!



Lychee-Pineapple Smoothie

Ingredients:

- 1 cup bok choy
- 1 cup peeled lychees
- ½ cup pineapple chunks (fresh, no syrup)
- 1 cup water

Instructions:

1. Peel the lychees and take out the seeds.
2. Make sure to rinse the vegetables and carefully chop the pineapple into chunks, making sure that no skin is left.
3. Blend alltogether, add more water when necessary.



Chocolate Strawberry Smoothie



☕ This smoothie is just as good as it gets. The ethereal pair of chocolates and strawberry takes this drink to a much higher level. This is for those people who want their cake and eat it too. You can indulge in this drink without over-indulging yet still get the benefits from all the ingredients this smoothie has to offer.

Chocolate, especially raw cacao, is an antioxidant powerhouse and is a treasure cove of vitamins and minerals. Strawberries are loaded with vitamin C. To finish this smoothie off, we add some oats to give texture to an already rich drink. This drink is perfect for your movie nights with your friends and family!



Chocolate Strawberry Smoothie

Ingredients:

- 1 cup fresh strawberries, freeze before use
- ¼ cup cacao powder
- ½ cup oats
- 1½ cup fresh romaine lettuce
- 1 cup almond milk (alternative use rice or soy milk)
- 1 tsp raw honey (optional)

Instructions:

1. Blend everything together and enjoy! Adjust the milk according to your preference.



Coconut Pineapple



☕ This drink is a whole different ball game from your regular pinacolada. Coconuts make up both the liquid and base portion of your smoothie. For this drink, we don't want a super thick and creamy base so we pair it with fresh pineapples so the coconut flavor can be released and enjoyed more. Coconut water is full of electrolytes and is considered nature's sports drink due to its hydrating qualities.

Many people have relied on coconut water to aid in their digestive problems such as IBS or Irritable Bowel Syndrome. For this recipe, we shall use both coconut water and coconut meat to fully enjoy the experience. The pineapple will give this drink its tangy and sweet twist.



Coconut Pineapple

Ingredients:

- 1 cup coconut meat
- 1 cup coconut water
- 1/2 cup almond milk
- 1/2 cup pineapple chunks
- 1 1/2 cup spinach

Instructions:

1. Cut the pineapple into chunks making sure that no skin is left.
2. Cut the coconut in half and take out the meat and water.
3. When everything is rinsed and prepared, blend everything into your blender. Adjust milk as necessary.



Apple Cinnamon-Spinach



☕ Cinnamon is a spice close to my heart. You can sprinkle anything in cinnamon and I would still eat it. This particular spice reminds me of fresh, hot oven-baked pie overflowing with apples and brown sugar mixture. This recipe takes me back to the humid kitchen with the scent of apple pie wafting through the air, but without the calories and fat. Apples are a good source of fiber, vitamin C and antioxidants. Studies suggest that apples may protect against osteoporosis and Alzheimer's disease.

Since apples are less creamy than other fruits, this recipe might require less liquid. Partnered with spinach and cinnamon, this is a recipe you will sure make over and over again.



Apple Cinnamon-Spinach

Ingredients:

- 1 cup spinach
- 1 tsp cinnamon powder
- 1 cup fresh apples (cored and cut into cubes)
- ½ cup almond milk
- ¼ cup water

Instructions:

1. Rinse, prepare and then blend everything together. Add water to desired consistency.
2. Serve with a cinnamon stick!

Lemon Mango



☕ It's no secret that lemons are a powerhouse of Vitamin C. It is also almost the first thing that pops into people's mind during summer—a fresh, cold glass of lemonade made with real, fresh lemons. Lemons are full of antioxidants, too. Add in the zest to this drink and you will surely have a sweet and sour combination that is to die for.

We are going to add fresh mangoes into the mix because mangoes have this incredible ability to make almost any drink creamy and dream-like.



Lemon Mango

Ingredients:

Juice of 3 lemons
Zest of 2 lemons
2 mangoes, peeled and cut
1 cup romaine lettuce, chopped
½ cup water

Instructions:

1. Wash the lemons thoroughly. Juice the lemons. Set aside the fresh lemon juice.
2. Prepare the lemon zest.
3. Blend everything together and serve.



Orange Papaya Smoothie



☕ Papayas is mainly the base for this smoothie giving this drink a rich, creamy texture full of flavor that is very reminiscent of the tropical islands. These fruits are loaded with vitamin C and have lots of vitamins and minerals in them. They are rich in antioxidants and the enzyme papain, which helps promote digestive health.

We will then add some orange to add a very nice citrus flavor to the drink. To add more to the digestive benefits of this drink, we will add some chia seeds for the fiber boost and to add a healthy oomph to this drink. Also, chia seeds are great for texture.



Orange Papaya Smoothie

Ingredients:


- 1 cup sliced oranges
- 1 ½ cup papaya, cubed
- 1 tbsp chia seeds (Prepared carefully)
- 1 cup water
- 1 cup spinach

Instructions:

1. Prepare the chia seeds first: The first method is to soak the whole seeds for about 10-15 minutes just prior to blending.
2. The soaked seeds become gelatinous and blend up well in a high-speed blender.
3. Then, prepare all other ingredients. When everything is ready, blend everything together. Serve with fresh mint leave.

Watermelon-Bok Choy



 This recipe is as simple as it gets—fresh and juicy watermelons and delicious and healthy bok choy leaves. For the person who wants to get rehydrated while still feeling refreshed, this drink is for you. Pair with the health benefits of delicious bok choy, you can never go wrong with this thirst quencher. Perfect for the coming summer season.



Watermelon-Bok Choy

Ingredients:

2 cups fresh watermelon, cut, seeds removed
1 cup bokchoy
1 tbsp raw honey

Instructions:

1. Blend everything together and serve!



Chunky Monkey



☕ This drink is for the kids. Moms, you will want to bookmark or copy this recipe. Ever get tired of force-feeding your kids with lima beans and broccoli just so they could get their dose of healthy food everyday? This drink will save you so much time and what's even better, you will get to see the smiles on your little children's faces as they gulp down a very subtle and sneaky health drink.

Indulgent raw cacao and its antioxidants will surely be the star of this drink. Combined with the powers of Kale and bananas—your kid will never look at a chocolate drink the same ever again.



Chunky Monkey

Ingredients:

- 1 cup kale
- 2 tbsp raw cacao
- 1½ cup bananas, cut into cubes
- 1 cup almond milk
- ½ cup crushed ice

Instructions:

1. It's best to cut the banana into cubes and place them in the freezer a few hours before making the smoothie. Remove from freezer and let it thaw slightly.
2. Gather all the other ingredients and blend them together in your blender of choice.
3. Adjust milk according to preference.
4. Once everything is done, combine the bananas.
5. Serve with a big straw and enjoy!



Grape Smoothie



☕ Just like most fruits, grapes are an excellent source of vitamins C and K as well as antioxidants. Consuming grapes may help slow aging of muscles and bones and help prevent age-related heart failure. Grapes are the star of this recipe and the lettuce complements well with it. Grapes are a low-carb, diet friendly fruit so you can drink this as many times as you prefer. Red grapes are sweeter than green, but you can opt for either.



Grape Smoothie

Ingredients:

- 2 cups green/red grapes, seeds removed
- 1 cup romaine lettuce
- 1 cup water
- 1 tsp honey

Instructions:

1. Rinse all ingredients and blend everything together in a blender.
2. Adjust honey and water accordingl. Enjoy!