

STRAWBERRY POMEGRANATE GREEN SMOOTHIE

Ingredients:

Serving Size 1

Pink layer:

- 1 frozen banana
- 1 cup frozen strawberries (or fresh!)
- 1/2 cup coconut water
(from a can of coconut milk, cream skimmed)

Green layer:

- 1 cup fresh spinach
- 1/2 frozen banana
- 1/4 cup pomegranate arils
- 1/4 cup coconut water
(from a can of coconut milk, cream skimmed)



Source: www.eatingwell.com

SNICKERDOODLE GREEN SMOOTHIE

Ingredients:

Serving Size 1

- 1 handful spinach
- 1 frozen banana
- 1/2 small avocado
- 1/4 cup unsweetened almond milk
- 1/2 tsp vanilla
- 1/4 tsp cinnamon



Source: www.rabbitfoodformybunnyteeth.com

THE HIGH ENERGY FIBER SMOOTHIE

Ingredients:

Serving Size 2

- 2 Handful spinach
- ¼ Cup (frozen) blueberries
- 1 tablespoon sugar free peanut butter
- ½ teaspoon chia seeds
- 1 teaspoon hemp hearts
- 1 teaspoon flax seeds
- 1 teaspoon macha powder
- 2 cups of unsweet almond milk
- Optional: 1 scoop protein powder

