



Berry Green Smoothie

1 cup fresh spinach or kale (½ cup frozen)

1 ½ cups frozen berries (1 cup fresh)

2 TBSP rolled oats (uncooked)

1 cup milk (any)

Optional - ½ banana

Pina Colada Smoothie

1 cup fresh spinach or kale (½ cup frozen)

1 ½ cups pineapple (1 cup fresh)

1 TBSP chia seeds

1 cup coconut water

Optional – 1 TBSP shredded coconut

Banana Nut Smoothie

1 cup fresh spinach or kale (½ cup frozen)

1 ½ cups banana (about 2 whole)

¼ cup of nuts (any)

1 cup of milk (any)

Optional – 1 TBSP cocoa powder

Method for Recipes:

1. Add items to blender and mix
2. Pour into glass + enjoy!