

Favorite Smoothie Recipes

Strawberry Smoothie

Half cup Frozen Strawberries
1/3 cup of Frozen Cranberries (fall and winter)
1 1/2 cup Orange Juice
or
1 cup of plain almond or soymilk
1 scoop of Vanilla Complete
Squeeze of Lime
Blend!

Chocolate Banana

1 1/2 cups of Plain Almond or Soymilk
 $\frac{1}{2}$ Frozen banana
Dash of coffee (or not)
Cracked Ice
1 Scoop of Chocolate Complete
Blend

Raspberry Almond

Cup of frozen or fresh raspberries
1 cup almond milk
1T coconut oil
1 scoop of complete
cracked ice
Blend

Honeydew Kiwi Smoothie

2 cups cubed honeydew melon
1 ripe kiwi
2 T lime juice
2 mint sprigs
1 scoop complete
1 c. ice cubes
add water to desired consistency
Blend