



RECIPES





APPLE PIE SHAKE

BLENDING TIME: 1 minute

BLEND: 1 cup soy milk, 1 tbsp apple cider vinegar, 1 tsp almond butter, 1 frozen banana, pinch of cinnamon, maple syrup to taste



PINEAPPLE MINT SMOOTHIE

BLENDING TIME: 45 seconds

BLEND: ½ cup frozen pineapple chunks, 1 cup orange juice, ¼ cup plain yogurt, 3-4 mint leaves



BREAKFAST SHAKE

BLENDING TIME: 30 seconds

BLEND: ¼ cup frozen blueberries, 1 banana, 1 cup orange juice, ¼ cup vanilla yogurt



TROPICAL AVOCADO SMOOTHIE

BLENDING TIME: 1 minute

BLEND: ¼ avocado, ¾ cup pineapple juice, 1 banana, ¼ cup frozen mango chunks





PEANUT BUTTER AND JELLY SHAKE

BLENDING TIME: 1 minute

BLEND: 1 banana, 4-5 frozen strawberries,
1 cup milk, 1 tbsp peanut butter



COCONUT MOCHA SHAKE

BLENDING TIME: 45 seconds

BLEND: ½ cup cold brew coffee concentrate,
½ cup coconut milk, 1 frozen banana, 2 tbsp
unsweetened cocoa powder



PEACHES 'N CREAM SHAKE

BLENDING TIME: 30 seconds

BLEND: ½ cup canned or fresh peaches, ¼ cup
vanilla ice cream, ¾ cup milk, honey to taste



CHOCOLATE PEANUT BUTTER BANANA SHAKE

BLENDING TIME: 1 minute

BLEND: 1 frozen banana, 1 tbsp peanut butter,
2 tbsp cocoa powder, 1 cup milk



PROTEIN SHAKE

BLENDING TIME: 1 minute

BLEND: 1 frozen banana, 1/2 scoop vanilla protein powder, 1/4 cup rolled oats, 1 cup milk, dash of cinnamon



MORNING BOOST SMOOTHIE

BLENDING TIME: 45 seconds

BLEND: 3/4 cup orange juice, 1/4 cup plain yogurt, 1/2 cup frozen peach slices, 1/4 cup frozen raspberries



VERY BERRY HEALTH SMOOTHIE

BLENDING TIME: 1 minute

BLEND: 3/4 cup of milk, 3-4 frozen strawberries, 1/4 cup of frozen blueberries, 2 tbsp Greek yogurt, 1/2 banana, 2 tsp ground flax seeds, agave to taste



GREEN GOODNESS SMOOTHIE

BLENDING TIME: 45 seconds

BLEND: 1/4 cup baby spinach, 1/4 cup baby kale, 1/2 cup fresh pineapple chunks, 3/4 cup apple juice



NUTELLA SHAKE

BLENDING TIME: 45 seconds

BLEND: ¼ cup nutella, 1 cup milk, ¼ cup vanilla frozen yogurt



CLEAN FROSTY

BLENDING TIME: 1 minute

BLEND: 1½ frozen bananas, 1 cup milk, 2 tbsp cocoa powder



PALEO MINT CHOCOLATE SHAKE

BLENDING TIME: 1 minute

BLEND: 1 frozen banana, 1 tbsp almond butter, 2 tbsp cocoa powder, ¼ tsp mint extract, ½ tsp vanilla extract, 1 cup almond milk



WATERMELON SMOOTHIE

BLENDING TIME: 45 seconds

BLEND: 1 cup watermelon chunks, ½ frozen banana, ½ cup chilled water, honey to taste





SPRING CLEAN CILANTRO SMOOTHIE

BLENDING TIME: 1 minute

BLEND: $\frac{3}{4}$ cup coconut milk, $\frac{1}{2}$ frozen banana, $\frac{1}{2}$ cup mango chunks, $\frac{1}{4}$ cup cilantro, $\frac{1}{2}$ lime juiced



MATCHA SMOOTHIE

BLENDING TIME: 45 seconds

BLEND: 1 cup milk, 1 frozen banana, 2 tbsp matcha powder



BANANA, KALE, AND KIWI SMOOTHIE

BLENDING TIME: 1 minute

BLEND: $\frac{1}{2}$ frozen banana, 1 sliced kiwi, $\frac{1}{4}$ cup baby kale, $\frac{1}{4}$ cup Greek yogurt, $\frac{3}{4}$ cup milk, $\frac{1}{4}$ lime juiced



HONEYDEW ALMOND SMOOTHIE

BLENDING TIME: 30 seconds

BLEND: $\frac{3}{4}$ cup chopped honeydew, 1 cup almond milk, honey to taste



BANANA GINGER SMOOTHIE

BLENDING TIME: 45 seconds

BLEND: 1 frozen banana, 1 cup milk,
½ tsp freshly grated ginger, ¼ cup vanilla yogurt,
brown sugar to taste



CHAI SMOOTHIE

BLENDING TIME: 45 seconds

BLEND: ½ cup cold brew coffee concentrate,
½ cup coconut milk, 1 frozen banana, 2 tbsp
unsweetened cocoa powder



STRAWBERRY KIWI SMOOTHIE

BLENDING TIME: 45 seconds

BLEND: ¾ cup apple juice, 1 frozen banana,
3-4 strawberries, 1 sliced kiwi, honey to taste



CHERRY SMOOTHIE

BLENDING TIME: 45 seconds

BLEND: ½ cup frozen cherries, ¾ cup coconut milk,
¼ cup vanilla yogurt, honey to taste