



HEALTHY SMOOTHIES

Jazz Up Your Smoothie!

The best way to get that cold, creamy smoothie texture is by using frozen fruit. You can buy bags of frozen fruit or you can freeze freshly washed fruit. The banana is the most important fruit to freeze because it becomes creamy when it's blended frozen.

Add ice to your smoothies if you don't have frozen fruit and want to use fresh fruit!

You can add in 1 yogurt (like the Chobani individual 5oz ones) to any smoothie! You can either do plain or add in a flavored one that matches your smoothie flavor for some protein, creaminess and sweetness.

You can also add in ½ cup of rolled oats to any smoothie! Make sure to blend really well so the oats becomes powdery and mix into the smoothie.

The milk in all the recipes can be non-dairy alternatives, water, or even orange juice.

Chunky Monkey

2 frozen bananas, peeled and sliced

1-2 tablespoons peanut or almond butter

1-2 tablespoons unsweetened cocoa powder

1 cup whole milk

In blender, add in all of the ingredients. If you have a nut allergy, just leave out the nut butter!

Blend together until smooth and creamy.

Mix it around and add a little more milk if it's too thick. Add milk until you reach the consistency you like.

Pour it in a glass, add sliced banana on top with drizzled nut butter for fun and enjoy!



Adapted Recipe & Photo from veganhuggs.com

Going Bananas

2 frozen banana, peeled and sliced

1 cup whole milk

2 tablespoons honey or agave

In blender, add in all of the ingredients.

Blend together until smooth and creamy.

Mix it around and add a little more milk if it's too thick.
Add milk until you reach the consistency you like.

Pour it in a glass, add a sliced banana on the top for fun
and enjoy!



Adapted Recipe & Photo
from marshasbakingaddiction.com

Green Machine

1 cup frozen pineapple

1 cup sliced pear

1 peeled orange

3 cups baby spinach

1 frozen banana, peeled and sliced

1 cup whole milk

In blender, add in all of the ingredients. Blend together until smooth and creamy.

Mix it around and add a little more milk if it's too thick. Add milk until you reach the consistency you like.

Pour it in a glass and enjoy!



Pina Colada

1 cup chopped pineapple

1 frozen banana, peeled and sliced

1 cup coconut milk

1 tablespoon honey

In blender, add in all of the ingredients. Blend together until smooth and creamy.

Mix it around and add a little more milk if it's too thick. Add milk until you reach the consistency you like.

Pour it in a glass, add a slice of pineapple on the side for fun and enjoy!



Adapted Recipe & Photo from thekiwicountrygirl.com

Strawberry Banana

1 cup strawberries

1 frozen banana, peeled and sliced

1 cup whole milk

In blender, add in all of the ingredients.

Blend together until smooth and creamy.

Mix it around and add a little more milk if it's too thick.
Add milk until you reach the consistency you like.

Pour it in a glass, add a strawberry and banana on the side for fun and enjoy!



Adapted Recipe & Photo from [liveeatlearn.com](https://www.liveeatlearn.com)

Tropical Paradise

1 cup mango

1 cup pineapple

1 frozen banana, peeled and sliced

1 cup coconut milk

(or $\frac{3}{4}$ pineapple juice and $\frac{1}{2}$ cup coconut milk)

In blender, add in all of the ingredients. Blend together until smooth and creamy.

Mix it around and add a little more milk if it's too thick. Add milk until you reach the consistency you like.

Pour it in a glass, add a pineapple and peach slice on the side for fun and enjoy!



Adapted Recipe & Photo from dinneratthezoo.com

Very Berry

1 cup frozen mixed berries

1 frozen banana, peeled and sliced

1 cup whole milk

In blender, add in all of the ingredients.

Blend together until smooth and creamy.

Mix it around and add a little more milk if it's too thick.
Add milk until you reach the consistency you like.

Pour it in a glass, sprinkle some berries on top for fun
and enjoy!



Adapted Recipe & Photo from dinneratthezoo.com