



## **Beet Smoothie**

makes 2 servings

2 large handfuls of baby spinach

1 large handful red grapes

2 bananas

2 oranges, peeled

1 c. pineapple cubes

1 beet, peeled

6 ice cubes

Place everything in high-speed blender and blend till smooth. Enjoy!



## **Mango Smoothie**

makes 2 servings

- 1 ½ cups of dairy, soy or almond milk
- 1 full scoop of vanilla protein powder (1/8 cup)
- 1 large cut up mango
- 1 whole banana (preferably frozen)
- 6 cubes of ice

Place everything in high-speed blender and blend till smooth. Enjoy!



## **Green Power Smoothie**

makes 2 servings

2 handfuls baby spinach

1 handful parsley

1 tablespoon spirulina powder

2 large or 3 small bananas

1 cup Coconut Water (or plain filtered water)

Place everything in high-speed blender and blend till smooth. Enjoy!