Healthy SMOOTHIES

AT HOME

NENA'S WELLNESS CORNER

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01

SILKY DELIGHT SMOOTHIE

INGREDIENTS

- One banana
- Two large carrots
- One apple
- 1/2 cup frozen peaches
- 1 tsp flaxseed
- 1/2 cup yogurt
- 1/2 cup water
- 1 cup ice cubes

02

MIXED BERRY SMOOTHIE

INGREDIENTS

- One banana
- One cup of cut strawberries
- One cup of raspberries
- One cup of blueberries
- One cup of baby spinach
- 1/2 cup plain yogurt
- 1/2 cup water
- 1/2 cup ice cubes

03

POWER GREEN SMOOTHIE

INGREDIENTS

- Two bananas
- One medium avocado
- One handful of baby spinach
- 1/2 cup plain yogurt
- 1 tsp honey
- 1 cup water
- 1 cup ice cubes

04

PEANUT BUTTER CUP SMOOTHIE

INGREDIENTS

- 1 banana ripe, pre-sliced, frozen
- 1 tbsp cocoa powder unsweetened
- 1/2 cup milk
- 1/2 cup Greek yogurt plain
- 2 tbsp peanut butter
- ice cubes

05

MANGO LASSI SMOOTHIE

INGREDIENTS

- 2 mangoes
- 1/2 cup kefir
- 1/4 cup ice cubes
- cardamom powder optional

06

AVOCADO AND SPINACH SMOOTHIE

INGREDIENTS

- 1 banana ripe
- 1/2 avocado ripe
- 1/2 cup almond milk unsweetened
- 1 tbsp maple syrup or honey
- 1 cup baby spinach fresh
- ice cubes

07

VANILLA RASPBERRY SMOOTHIE

INGREDIENTS

- 1 banana frozen
- 1 cup almond milk
- 2 scoops vanilla flavored protein powder
- 1 tsp cocoa powder unsweetened
- 1 tbsp almond butter
- 6 raspberries fresh

08

APPLE CELERY SMOOTHIE

INGREDIENTS

- 1 apple (Fuji, Gala, Pink Lady, or Honeycrisp)
- 1 stalk celery
- 1/2 inch ginger root peeled
- 1 handful spinach fresh
- 1/2 cup coconut water

09

ORANGE TROPICAL SMOOTHIE

INGREDIENTS

- 1 banana
- 1 orange freshly squeezed
- 1/2 cup coconut water
- 1/2 cup almond milk
- 1 cup fruit frozen
- 1/2 tbsp maple syrup

10

BANANA SPINACH SMOOTHIE

INGREDIENTS

- 1 banana cut into slices
- 1/2 cup spinach fresh, baby
- 1/2 cup yogurt plain
- 1/2 cup water
- 1/2 cup ice cubes