

Smoothies

Make your own frozen smoothie packs!

Recipes:

Skinny Green Monster

- 1 banana
- 2 cups spinach
- 1 tbsp peanut butter
- 3/4 cup unsweetened almond milk
- 1/2 cup plain fat-free Greek yogurt

Slammin' Sunrise Green Smoothie

- 2-3 cups spinach
- 1 cup unsweetened vanilla almond milk
- 1-2 cups strawberries
- 1 cup blueberries
- 1/2 banana
- 2 tbsp flaxseed

Green Apple Smoothie

- 1 cup kale
- 1 granny smith apple
- 1 banana
- ice

Green Fruit Smoothie

- 1 cup frozen fruit
- 1 cup vanilla almond milk
- 1 handful spinach
- 1 tbsp flaxseed

Just Peachy Green Smoothie

- 1 banana
- 1 cup spinach
- 2 large peaches
- 1 3/4 cup unsweetened almond milk
- 1 cup ice

Double Green Smoothie

- 1 1/2 cup unsweetened almond milk
- 1 banana
- 1 cup kale leaves
- 1 cup spinach leaves
- 1/2 cup fruit



Note: When preparing these as frozen packs, you will include everything in a bag **except** the milk and/or ice. The milk and ice need to be added at the time you blend it to help out with the consistency.

Decide on how many smoothies you want to make and which recipes you are going to use. Create a grocery list of items you'll need. The nice thing about these smoothies is that they're all pretty similar and you don't need a huge variety of items.

Once you've decided which smoothies to make, label the bag. Be sure to include how much milk and/ice to include when you're ready to blend it.



Gather all of the ingredients for each recipe and stuff each bag with the desired items. Try using frozen spinach and fruit to make the process much faster.

Ta da! That's it! Just remember to add the milk and ice later and you're all ready to go! The best part about these recipes is that each one is under 200 calories and super healthy! It's a sneaky way to get your kids and husband to eat healthy too!



A basic 300-calorie smoothie (shown):

2 cups kale (72 calories)

½ frozen banana (53 calories)

½ cup frozen strawberries (23 calories)

½ cup frozen blueberries (42 calories)

3 ounces vanilla Greek yogurt (68 calories)

1 ¼ cups cold water

½ serving vanilla protein powder (65 calories)

¼ teaspoon cinnamon (2 calories)

Total calories: 321

— HOW TO — BUILD THE PERFECT SMOOTHIE



Greens (1 to 2 cups): Spinach and kale may turn your smoothie green, but once they're mixed with fruit, you'll hardly be able to taste them. You can also try adding beet or dandelion greens, sprouts, or arugula.

Fruit (1 to 2 cups): Frozen works best here, but if you use fresh, just add some ice cubes to give it a frosty consistency. Mix it up with two to four kinds of fruit such as banana, strawberries, blueberries, raspberries, blackberries, mango, peach, pineapple, pear, cherries, apple, grapes, papaya, oranges, melon, or kiwi.

Thickener (1/4 to 1/2 cup): For the perfectly creamy texture and for added protein and fiber, mix in some Greek yogurt or cottage cheese (3 ounces), nut butter (one tablespoon) or nuts (1/8 cup almonds, walnuts, or cashews), avocado (1/4 fruit), cannellini beans (1/4 cup), baked sweet potato (1/4 cup), oats (1/4 cup), or soft tofu (1/2 cup).

Liquid (1 to 2 cups): Water or some type of milk (cow, soy, almond, or rice) is always a winner, but you can also experiment with adding green tea; coconut water or milk; freshly squeezed juice such as carrot, beet, or orange; or chocolate milk.

Optional extras: Mix in a serving of your favorite protein powder to build muscle and stave off hunger. Or, for added fiber, add flax meal, wheat germ, or chia seeds (1/2 teaspoon). For a health boost, add fish or flaxseed oil or probiotics (recommended dosage). And for extra pizzazz and flavor, add cinnamon, nutmeg, vanilla extract, maple syrup, honey, dates, fresh herbs, or fresh ginger (1/4 to 1/2 teaspoon).