

Smoothie Recipes 16 oz.

BANANA BERRY DOOR COUNTY SUNRISE

1 banana
1/3 cup mixed berries
1- 2 scoop protein powder
1/4 cup yogurt
16 Oz. milk
1/2 orange (peeled)
1/2 cup cherries
Protein powder
1/2 banana
2 ice cubes
14 oz coconut milk

BERRY REFRESHING

1 cup mixed berries
1 apple
1 T OJ concentrate
14 oz H2O
1-2 scoop protein powder

MEGA MANGO

3/4 cup mango
4 strawberries
1/4 cup pineapple
1 T. OJ concentrate
16 Oz water

ISLAND PARADISE

1/2 banana
1/2 orange
1/2 cup pineapple
1 ice cube
1 T coconut
1 date
14oz coconut milk

HAPPY GRASS

Wheatgrass shot
1/4 cup spinach
1/2 cup pineapple
1/4 lime (peeled)
1" ginger
12 oz water
Optional apple.

GREEN N'GOLD

1/2 cup mango
1/2 cup spinach
1/4 lime (peeled)
1/2 cucumber
1" ginger
1 date
stevia (if needed)
14 oz coconut milk

GREEN GODDESS

4 strawberries
handful of greens
kale, Swiss chard
1 banana
1/8 tsp spirulina
1 T coconut
1 date
10 oz. Almond Milk
(Or 1 cup Almond Milk & 1 cup water)

SMART MONKEY

1 1/2 banana
1T. cocoa butter
2 T. peanut butter
1-2 T. protein powder
10 oz Almond Milk

GREEN GODDESS – Greens – Spirulina – banana – agave – strawberry – coconut oil – almond milk – protein powder

HAPPY GRASS – Wheatgrass – Spirulina – apple juice – lime – pineapple – spinach – ginger

SMART MONKEY – banana – almond milk – apple – coco powder – protein powder – peanut butter

Green Drink

1/2 banana
3/4 Cup milk (,almond, coconut).
2 big handfuls of spinach
1/4 Cup raw rolled oats
1-2 scoop protein powder
1 Tbs ground flax
Granola on top

Peach Protein

2 scoops vanilla protein powder
1 Cup almond milk
1/3 Cup frozen peaches
1/2 Cup pineapple
1/2 banana
2 cups kale
1 Tbs ground flax

Pina- Colada

2/3 Cup almond milk
2 large handful of kale
1/3 pineapple, chunks
1/2 avocado
1-2 scoops protein powder
1 Cup ice

Green Monster Monkey

3/4 cups milk
1/4 Cup espresso
1/2 Cup frozen banana chunks.
1/4 Cup peanut or almond butter
2 Tbs Cocoa nibs
Ice as needed
1-2 dates or stevia

Tropical Green

1 Cup frozen mango
1 Cup pineapple, chunks
1 1/2 Cup coconut water, unsweetened.
1 Cup leafy greens
1/4 Cup lime juice
1/4 tsp cayenne

Vanilla Matcha

1 Cup almond milk
2 scoops vanilla protein
1/2 Cup ice
1 banana
2 tsp Matcha
1/2 tsp maple syrup
1/2 tsp vanilla

Apple Kale

2 scoops protein powder
1 Cup almond milk
1 Cup kale
1 cucumber, chopped
1 small green apple, chopped
1 tsp lemon juice

Dr Oz Green Drink

1/3 Cup plain Greek yogurt
1/3 Tbs lemon juice
3/4 Cup chopped cucumber
1/2 Cup green grapes
1/3 Cup red apple, chopped
2 cups spinach
3/4 Cup ice,
4 Tbs. *Pepita* nuts, on top

Simple Green

2 scoops protein powder
1 Tbs honey
1 C spinach, kale, chard
1 Cup ice
3/4 Cup milk or cold water

Chocolate Almond Butter

4 Cup of leafy greens
1/2 Cup almond butter
2 Tbs hemp seed/ground flax
3-6 medium pitted dates
1-2 medium frozen bananas
1 Cup ice
2 Cup chocolate milk

Creamy Carob

1 Cup almond milk
1 handful kale
1/2 avocado
1-3 Tbs carob
3/4 banana

Dr Oz Go Green

2 apples, cored & chopped.
3 celery
1/2 orange, peeled
1/2 lemon
1 lime
1 brunch parsley

Orange Kale

2 scoop protein powder
1 Cup water
1 Cup chopped kale
1 orange, peel and de seed
1/2 tsp spirulina
Pinch cinnamon & ginger

Ginger Orange

1 1/2 Cup filtered water
4 generous hands of spinach
4 Romain leaves
2 navel oranges
2 ripe bananas
1-2" ginger knob
1 cucumber, peel if not organic

Spinach orange

1 navel orange
1/2 banana
1 Cup tight packed spinach
1/4 Cup coconut Water
1 Tbs Hemp Hearts
Ice

San Diego (post workout)

2 Cup mango, chunks
2 banana, frozen and broken
2 Cup spinach
2 Tbs shredded coconut
2 1/2 Cup almond milk
2 Tbs vanilla, pea protein
1 Cup ice

Matcha Pear

1-2 scoop of protein powder
1 Cup almond milk
1 Cup spinach
1 pear cored
1/2 tsp Match tea

Berry Green Bliss

1 1/2 frozen banana, chunks
2 Cup baby spinach
1 Cup frozen blueberries
2 Tbs. Almond butter
1 Tbs chia seed
2 Cup almond milk
1 Cup ice

Green DeTox

1 apple diced
2 kiwi
Juice of 1 lime
1 handful spinach
1 stalk celery
1 tsp honey
Ice