

Smoothie Recipes

Strawberry/Blueberry Smoothie Recipe

1 Cup of Strawberries
1 Cup of Blueberries
1 Cup coconut water
1 Greek yogurt

Add: nutritional meal protein mix, honey, chia seeds

All of these ingredients can be entered in a nutri bullet, ninja, blender mix all together blend until smooth and drink which is normally 5 minutes.

Benefits

Strawberries are fruits high in Vitamin C, Fiber, Folate and Folic Acid. Blueberries are low in calories they have good nutrients and are high in antioxidants

Apple/Pear Smoothie

1 Apple peeled
2 pears peeled
1 Banana ripe
1 Cup of strawberries
¼ cup of Almonds
1 Cup of unsweetened Almond milk/ Juice any type

All of these ingredients can be entered in a nutri bullet, ninja, blender mix all together blend until smooth and drink which is normally 5 minutes.

Benefits

Apples, Pears and bananas have good sources of energy and provide Vitamin A and C and are rich in potassium, calcium and iron. Apples and Pears is also a good fiber.

Disclaimer: This can depend on an individual sensitivity or allergies or any type of health condition that an individual cannot have any type fruit of vegetable.

Smoothie Recipes

Green Smoothie

1 Kale
½ of bunch Spinach
1\2 Celery stick
Add 1\2 ginger or 1\4 if taste it too minty
1 Greek yogurt
1 cup Almond milk/orange juice
Add/ flax seeds, chia seeds, honey

All of these ingredients can be entered in a nutri bullet, ninja, blender mix all together blend until smooth and drink which is normally 5 minutes.

Benefits

Green Smoothie promotes weight loss, improves hydrates, rejuvenates the body, lowers cholesterol, detoxes the body

Tropical Smoothie

2 Mango
1 Banana
2 Oranges
½ Pineapple
1 Greek yogurt
1 cup of Coconut water/almond milk or juice

All of these ingredients can be entered in a nutri bullet, ninja, blender mix all together blend until smooth and drink which is normally 5 minutes.

Benefits

Mango and Pineapple is a wonderful Anti-inflammatory health benefit and has vitamin C. An addition is a good immune system booster and is refreshing for the hot summer months.

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