

BETTER THAN THE REST

So you've caught the smoothie bug, and now it's time to refine your palate. Don't just pick smoothies based on taste. Check out these recipes for when you need an early-morning boost, want better skin, or if you want to use them as a whole meal replacement.

For Breakfast

BERRY BREAKFAST SMOOTHIE

Recipe courtesy of Michelle Sala Radtke

- 2 tablespoons of ground hemp seed
- 1 tablespoon of smooth, unsalted almond butter
- 1 tablespoon chia seeds
- ½ cup fresh blueberries
- 2 teaspoons raw, organic maca powder
- 1 cup unsweetened vanilla almond milk
- 1 ounce baby spinach

1. Combine ingredients and blend until smooth.

Antioxidant Boosters

ISLAND MANGO TWIST SMOOTHIE

Recipe courtesy of Kindy Peaslee

- 1 cup ice cubes
- ¾ cup chopped mango
- ½ cup canned pineapple chunks
- 2 tablespoons canned pineapple juice
- Ice, as needed

1. Blend until smooth.

MIXED BERRY-BANANA CLASSIC SMOOTHIE

Recipe courtesy of Kindy Peaslee

- 1 cup mixed berries (raspberries, blackberries, blueberries, strawberries) fresh or frozen
- 1 banana
- Water or apple juice to taste
- 2 ice cubes

1. Combine ingredients in blender. Blend until smooth.

Note: You can increase berries to 1½ cup, and use just half a banana if desired. When using frozen berries, eliminate ice cubes.

Skin, Beauty and Fiber Filling

AVOCADO MANGO SMOOTHIE

Recipe courtesy of Kindy Peaslee

- 1 ripe avocado, peeled and chopped
- 2 cups frozen mango cubes
- ½ cup ice cubes
- 1 cup fresh orange juice
- ½ cup water, as needed
- Handful of chopped mint

1. Blend ingredients, and garnish with a mint leaf.

Lunch or Dinner Meal Replacement

TASTE AND SEE SMOOTHIE

Recipe courtesy of Kindy Peaslee

- 1 cup pineapple juice
- 1 cup spinach or kale
- ½ cup frozen, seedless green grapes
- ½ cucumber, peeled and seeded
- ½ avocado, drizzled with lemon juice
- 1 to 2 teaspoons agave syrup
- 1 teaspoon freshly grated ginger

1. Blend until smooth.

