Smoothie Recipes –can use unsweetened almond milk or skim or 1% milk and whey protein or you could use Greek yogurt instead. If using fat free Greek yogurt or fat free milk, include healthy fat like chia or ground flax seed.

Tropical Greens:

* 1 cup (8 oz) unsweetened almond milk (this one is great with coconut milk or coconut flakes)
* 1 cup kale
* ½ cup fresh or frozen pineapple
* 1 scoop vanilla whey protein powder
* Ice if desired

Green Berry

* 1 cup (8 oz) unsweetened almond milk or 1%milk
* 1 cup spinach
* 1 cup frozen berry mix
* 1 scoop vanilla or unsweetened plain whey protein powder
* Ice if desired

Choco-banana

* 1 cup (8 oz) milk
* 1 scoop chocolate whey protein powder
* ½ banana (frozen works well)
* 1 TBSP chopped pecans or walnuts

Probiotic Berry

* 6 oz, unsweetened nonfat Greek yogurt
* ½ cup frozen berries
* 1 cup spinach
* ½ banana (frozen works well)
* Ice if desired

Pumpkin Spice

* 6 oz unsweetened nonfat Greek yogurt
* 1/4 cup pumpkin (not pumpkin pie mix, plain pumpkin – canned or fresh)
* ½ ripe banana (frozen works well)
* 1 tsp vanilla extract
* 1 tsp pumpkin pie spice (nutmeg, ginger, cinnamon)

Tropical Yogurt Smoothie

* 6 oz plain, unsweetened, nonfat Greek yogurt
* 1 cup frozen mango
* ½ banana frozen
* 1 cup spinach or kale leaves
* Optional: 1 TBSP shredded coconut

Chocolate Flax Smoothie

* 1 cup (8 oz) almond milk
* 1 scoop chocolate whey protein powder
* 2 tsp ground flax seeds
* ½ banana (frozen works well)

Orange-sicle

* 6 oz. plain, unsweetened Greek yogurt
* ½ cup mandarin oranges (drained) or 1 clementine, peeled
* ½ cup strawberries
* ½ banana (frozen works well)
* Ice, if desired

Strawberry-limeade

* 6 oz. plain, unsweetened nonfat Greek yogurt
* 1 cup strawberries (fresh or frozen)
* 1 cup kale
* ½ banana (frozen works well)
* 1 tsp lime juice or juice from ½ lime
* Ice, if desired

Dark chocolate

* 6 oz plain, unsweetened nonfat Greek yogurt
* 1 tsp cocoa powder or 1 oz 70% or greater dark chocolate
* 1 TBSP natural peanut butter
* ½ banana (frozen works well)

Melon smoothie

* 6 oz. plain, unsweetened nonfat Greek yogurt
* ½ cup cantaloupe (peeled, seeded, cubed)
* ½ cup honeydew melon (peeled, seeded, cubed)
* ½ cup watermelon (peeled, seeded, cubed)
* 1 tsp lemon or lime juice

Raspberry-lemon

* 6 oz plain, unsweetened, nonfat Greek yogurt
* ½ cup strawberries
* ½ cup raspberries
* ½ banana
* 1 tsp lemon or lime juice

Apple cinnamon

* 6 oz plain, unsweetened nonfat Greek yogurt
* ½ cup pear (in chunks)
* 1 small apple (cored)
* ½ tsp cinnamon

Peach-blueberry

* 1 cup (8 oz) skim milk
* 1 scoop vanilla whey protein powder
* 1/2 cup frozen peach slices
* ¾ cup frozen blueberries
* Ice, if desired

Avocado smoothie

* ½ small avocado
* 8 oz milk
* 1 scoop vanilla whey protein powder
* Ice, if desired

Kiwi Smoothie

* 6 oz plain, unsweetened, nonfat Greek yogurt
* 1 cup frozen strawberries
* 1 peeled kiwi
* ½ banana
* 2 tsp chia seeds