

SMOOTHIE RECIPES:

You can use almond milk or regular milk. I don't like to use cow's milk because more likely to upset their stomach, especially before a game. Add ice to smoothies (not listed in ingredients below). You can also do half a banana and add half an avocado to all smoothies for some good fat☺.

SUNSHINE SMOOTHIE



INGREDIENTS:

- 1/2 cup baby carrots
- 1/2 cup orange juice
- 1 cup frozen pineapple chunks
- 3/4 cup plain Greek yogurt
- 1/2 cup frozen mango chunks
- 1 tablespoon honey

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PEANUT BUTTER BANANA SMOOTHIE

TOTAL TIME: 5 MINS

PREP TIME: 5 MINS

INGREDIENTS:

- 1 large banana, peeled
- 1 cup ice cubes
- 1/2 cup almond milk
- 1/4 cup Greek yogurt
- 1 heaping Tbsp. peanut butter
- 1/2 tsp. vanilla extract

DIRECTIONS:

In a blender, combine all ingredients. Blend until smooth, and serve immediately.

TROPICAL GREEN SMOOTHIE



Serves: 3

INGREDIENTS:

- 2 cups spinach
- 1 cup orange juice
- ½ cup low fat vanilla yogurt (greek yogurt is great too)
- 1 cup frozen pineapple
- 1 cup frozen mango
- 1 frozen banana

Order Ingredients
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DIRECTIONS:

- Place all ingredients in the blender in the order listed above.
- Blend on high until smooth!