



SMOOTHIES

STRAWBERRY BANANA

INGREDIENTS:

- 2 cups berries, frozen (any kind)*
- 2 bananas, frozen*
- 1 cup plain yogurt
- 1 cup water

* Both bananas and berries don't have to be frozen - but have at least one frozen.

INSTRUCTIONS:

1. Layer all ingredients in a blender and blend to desired consistency. Add additional water if needed.

TIPS

- Peel and freeze in a zip-top bag, then they are ready to go in a smoothie!
- Always layer ingredients in the blender with frozen, chunky items on the bottom, and the most thin, liquid items at the top.
- Maintain a thick consistency for a smoothie bowl and top with granola. Make a thinner consistency to drink.

GREEN SMOOTHIE

INGREDIENTS:

- 2 bananas, frozen*
- 4 cups cubed frozen mango*
- ½ cup plain yogurt
- 2 cups kale or spinach
- 1-2 cups water

* Both bananas and berries don't have to be frozen - but have at least one frozen.

INSTRUCTIONS:

1. Layer all ingredients in a blender and blend to desired consistency. Add additional water if needed.

NOTES

explore.eat.enjoy.

