

# 4 Everyday Smoothie Recipes

## Basic Green Smoothie

### Ingredients

- 1 Ripe Banana (peeled and chopped)
- 1 cup almond milk (or milk of your choice)
- 1 cup fresh or frozen spinach leaves
- 1 pear (chopped and cored – no need to peel)
- 1 cup ice

### Instructions:

Add to Blender and blend until smooth.  
Serves 2.

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## Tropical Smoothie

### Ingredients

- 1 Ripe Banana (peeled and chopped)
- 1 cup frozen mango pieces
- 1 cup almond milk (or milk of your choice)
- 1 cup ice

### Instructions:

Add to Blender and blend until smooth.  
Serves 2.

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## Strawberry Smoothie

### Ingredients

- 1 Ripe Banana (peeled and chopped)
- 1 cup frozen or fresh strawberries (about 8-10 strawberries)
- 1 cup almond milk (or milk of your choice)
- 1 cup ice

### Instructions:

Add to Blender and blend until smooth.  
Serves 2.

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## Chocolate Smoothie

### Ingredients

- 1 Ripe Banana (peeled and chopped)
- 1 cup almond milk (or milk of your choice)
- 2 Tablespoons Cocoa
- 2 Tablespoons Peanut Butter (or Almond Butter)
- 1 cup ice

### Instructions:

Add to Blender and blend until smooth.  
Serves 2.