

krazy kale smoothie

Serves 2

Mix all ingredients in a blender until smooth.

- 2 large kale leaves
- 2 stalks celery
- 2 apples, cored
- 1 cup strawberries, stems removed
- 1 tablespoon maca powder (optional)

tip ▶ Smoothies don't always have to be made with frozen fruits and vegetables. Stock up at your local Farmer's Market when fresh fruits and veggies are in season!

peanut butter bomb smoothie

Serves 2-3

Mix all ingredients in a blender until smooth.

- 2 cups almond milk
- 2 large frozen ripe bananas
- 1 tablespoon chia seeds
- 3 tablespoons natural peanut butter
- ¼ teaspoon vanilla extract
- Ice, if desired

 We made this smoothie at one of our retreats and everyone loved it. Nutritious and tasty!

summertime smoothie

Serves 2

Mix all ingredients in a blender until smooth.

- 1 large nectarine, sliced
- ½ cup fresh blueberries
- 1 cup fresh greens like spinach or kale
- 2 cups coconut water
- 2 tablespoons almond butter
- 1 tablespoon chia seeds
- 1 tablespoon flaxseeds
- 1 tablespoon shredded coconut
- 3 ice cubes



tip ▶ Hemp seeds are a great alternative to protein powder in your smoothies.