

# 5 HEALTHY

# SMOOTHIE

# RECIPES





# Blueberry Smoothie

## Ingredients

- 1 cup blueberries
- 1 banana
- 1/2 cup Greek yogurt
- 1/2 cup milk
- 1 tablespoon honey (optional)

## Instructions

- Add all ingredients to a blender.
- Blend until smooth.
- Pour into a glass and enjoy!



# Avocado Smoothie

## Ingredients

- 1 ripe avocado
- 1/2 banana
- 1/2 cup milk
- 1 tbsp honey (optional)

## Instructions

- Add all ingredients to a blender.
- Blend until smooth.
- Pour into a glass and enjoy!



# Banana Oatmeal Smoothie

## Ingredients

- 1/2 cup rolled oats
- 1 banana
- 1 tablespoon peanut butter
- 1/2 cup milk
- 1/2 cup Greek yogurt

## Instructions

- Blend the oats first with the milk to make a smooth base.
- Add the banana, peanut butter and Greek yogurt.
- Blend again until smooth and creamy.
- Pour into a glass and enjoy!



# Beet Smoothie

## Ingredients

- 1 small roasted beet peeled and chopped
- $\frac{1}{2}$  cup frozen mixed berries
- 1 small banana
- $\frac{1}{2}$  cup milk
- 1 teaspoon honey (optional)

## Instructions

- Roast the beet if it's not pre-roasted. Peel and chop it into small pieces for easier blending.
- Add all the ingredients in a blender and blend until smooth and creamy.
- Pour into a glass and enjoy!



# Pineapple Smoothie

## Ingredients

- 1 cup fresh or frozen pineapple chunks
- 1/2 banana
- 1/2 cup milk
- 1/2 cup Greek yogurt
- 1 tablespoon honey (optional)

## Instructions

- Add all ingredients to a blender.
- Blend until smooth.
- Pour into a glass and enjoy!