



Almond Butter and "Jelly"

2 cups spinach, fresh
2 cups almond milk, unsweetened
2 cups red grapes*
2 bananas
4 Tbsp almond butter

*Freeze your grapes overnight to chill this green smoothie.

Blend spinach and almond milk until smooth. Next, add the remaining fruits and blend again.

This is a sweet take on a child's classic sandwich filled with fresh fruit and leafy greens. We love almond butter and it's mighty tasty in this green smoothie! Spinach and grapes are packed with antioxidants and phytonutrients and the bananas and almond milk make it nice and creamy. Serves: 2.

Dark Chocolate Covered Cherry Smoothie

2 cups organic spinach
2 cups almond milk, unsweetened
1 cup cherries, pitted (can use frozen if not in season)
2 bananas
1 tsp cinnamon
2 Tbsp cacao or dark chocolate cocoa powder, unsweetened
1 Tbsp honey

Place all ingredients in Vitamix®, or high-powered blender, and blend until smooth.

*Use at least one frozen fruit to make this smoothie cold. You can add ice but then adjust the cherries to 1¼ cup and the almond milk to 2¼ cups.

Peanut Butter Smoothie

2 cups chocolate coconut water
1-2 banana(s)
2 heaping Tbsp all-natural peanut butter
1 Tbsp ground flax seed
ice

Add all the ingredients in a Vitamix®. Start on low and slowly increase the speed. Increase to high until all the ingredients are blended and smooth.

Added variation to the basic Peanut Butter Smoothie

½ cup non-fat greek yogurt
½ cup red grapes
1 large handful organic spinach

Can also add for a power breakfast Peanut Butter Smoothie

1 scoop protein powder
½ cup organic oats
1 Tbsp honey
Additional ½ cup liquid such as coconut water or coconut milk