

Coconut Strawberry:

How to: Place 1 cup frozen strawberries, 1 cup Greek yogurt, ¼ cup almond milk or skim milk, and ½ cup shredded, unsweetened coconut into a blender. Blend until smooth.

Strawberries are a low glycemic fruit and an excellent source of vitamin C!

Kale Pineapple:

How to: Place ½ cup frozen kale, ½ cup frozen pineapple, 1 cup Greek yogurt, and ¼ cup almond milk or skim milk into a blender. Blend until smooth. May add a pinch of cayenne pepper.

Cayenne pepper contains powerful anti-inflammatory compounds called capsaicin in addition to other powerful antioxidants which can promote better recovery!

Mango Madness:

How to: Place 8 pieces' frozen mango (about ¾ cup), 1 cup Greek yogurt and ¼ cup skim milk into a blender. Blend until smooth. Then add 1 tablespoon chia seeds and pulse just a few times to combine. May add ground nutmeg or 2 tablespoons shredded, unsweetened coconut.

Mangoes contain plenty of beta-carotene which promotes immunity, vision health, and decreased inflammation!

Green Smoothie:

How to: Place 1 green apple (with skin, cored, and cut into chunks), ½ cup frozen spinach, ½-inch piece peeled, fresh ginger (cut into small pieces), and 1 cup skim milk into a blender. Blend until smooth.

Ginger is great for optimal digestion as well as a potent anti-inflammatory agent!

Berry Blast:

How to: Place ¾ cup frozen blueberries, 1 tablespoon almond butter, and 1 cup skim milk into a blender. Blend until smooth.

Blueberries have one of the highest antioxidant levels amongst all the berries. They are great sources of vitamin C and fiber!

Banana Bonanza:

How to: Place 1 frozen banana, 1 tablespoon peanut butter, and 1 cup skim milk in blender. Blend until smooth.

Bananas are high in potassium and vitamin B-6!

Each recipe contains approximately ~250 Calories and 12 grams of protein with an average cost of \$0.43 per smoothie. For added protein just add 2 Tbsp. of PB2 (5 grams of protein) or one scoop of quality protein powder (~25 grams protein)