

Green Tea Smoothie

Makes 1 serving
225 calories per pancake

Ingredients

1/2 cup nonfat vanilla yogurt
1/4 cup chilled green tea
1 tsp honey
1 cup ice
dash ground nutmeg
dash ground cinnamon

Directions

Place all ingredients into blender and puree until smooth.

Banana Peanut Butter Smoothie

Makes 1 serving
272 calories per serving

Ingredients

1 ripe banana
1/2 cup plain soy or nonfat milk
1/4 cup plain nonfat yogurt
1 tbsp creamy, natural, peanut butter

Directions

Place all ingredients into a blender and liquify.

Mango Madness Smoothie

Makes 1 serving
265 calories per serving

Ingredients

- 1/2 ripe mango, peeled, pitted and diced
- 1/2 cup plain nonfat greek yogurt
- 1/2 cup plain nonfat soy or nonfat milk
- 1 scoop of your favorite protein powder
- 1 cup ice

Directions

Place all ingredients into a blender and puree until smooth.

Island Smoothie

Makes 1 serving
268 calories per serving

Ingredients

- 1/4 cup frozen roughly diced papaya
- 1/4 cup frozen roughly diced pineapple
- 1/4 cup frozen roughly diced mango
- 1/4 cup plain nonfat vanilla yogurt
- 1/2 cup plain nonfat soy or nonfat milk
- 1 cup ice

Directions

Place all ingredients into a blender and puree until smooth.

Peaches & Cream Smoothie

Makes 1 serving
270 calories per serving

Ingredients

- 1 cup chopped fresh peach
- 1 ripe banana sliced
- 1/2 cup plain nonfat vanilla yogurt
- 1/2 cup plain nonfat soy or nonfat milk
- 1 scoop of your favorite protein powder
- 1 cup ice

Directions

Place all ingredients into a blender and puree until smooth.

Very Berry Smoothie

Makes 1 serving
255 calories per serving

Ingredients

- 1/4 cup hulled sliced fresh strawberries
- 1/4 cup raspberries
- 1/4 cup boysenberries
- 1/2 cup plain nonfat soy or nonfat milk
- 1/2 cup nonfat vanilla yogurt
- 1 cup ice

Directions

Place all ingredients into a blender and puree until smooth.

Green Smoothie

Makes 1 serving
240 calories per serving

Ingredients

- 1 whole seedless orange (peeled & cubed)
- 1/2 banana
- 1 large Swiss chard leaf (ribs removed)
- 1/2 cup plain almond milk
- 1/2 cup water
- zest of an orange (the skin finely grated)

Directions

Place all ingredients into a blender and puree until smooth.

Breakfast Smoothie

Makes 1 serving
270 calories per serving

Ingredients

- 1 package of instant oatmeal uncooked
- 1/2 medium-large apple, cored & cubed
- 1/2 banana
- 1 cup plain almond milk
- 1 tsp honey (optional)
- 1 pinch of cinnamon (optional)
- 1 cup ice cubes

Directions

Place all ingredients into a blender and puree until smooth.

For the breakfast smoothie recipe, change out the fruits and add different fruits to experiment to your liking.

Lunch Smoothie

Makes 1 serving
276 calories per serving

Ingredients

- 1/2 papaya peeled & cubed
- 1 small red ripe plum tomato cubed
- 6-10 mint leaves
- 1 small orange peeled & cubed
- 1 handful of spinach
- 1/2 cup tofu cubed
- 1/2 cup almond milk
- 1/2 cup water

Directions

Place all ingredients into a blender and puree until smooth.

For the lunch smoothie recipe, change out the spinach with other dark green vegetables such as 2 swiss chard leaves (remove ribs), 1 small broccoli crown, green endives, arugula (pre-washed organic greens) or a handful of sweet peas. Experiment to your liking.

Dinner Smoothie

Makes 1 serving
285 calories per serving

Ingredients

- 1 handful of spinach
- 1 pear cubed
- 1 peach cubed
- 1-2 scoops of your favorite protein powder
- 1/2 cup soy milk
- 1/2 cup water

Directions

Place all ingredients into a blender and puree until smooth.

For the dinner smoothie recipe, change out the spinach with other dark green vegetables such as 2 swiss chard leaves (remove ribs), 1 small broccoli crown, green endives, arugula (pre-washed organic greens) or a handful of sweet peas. Experiment to your liking.