

Apple Pie Smoothie

Ingredients:

- 1 cup unsweetened almond milk
- 2 large apples
- 1 tsp ground cinnamon
- 1/8 tsp each: nutmeg, ginger & cloves
- 1 frozen banana
- 1-1/2 cups ice cubes
- 2 pitted dates, or 1-2 tsp honey (optional)

Instructions: Add ingredients to blender jar in order listed and secure lid. Blend on a Medium speed for 40-50 seconds.

Nutritional information: Servings: 4, Serving size 7 fl oz, Calories 120; Fat 1 g, Saturated Fat 0g, Cholesterol 0 mg, Sodium 45mg, Carbohydrates 27g, Fiber 4 g, Sugar 19g, Protein 3 g



Chocolate Strawberry Smoothie

Ingredients:

- 8 fl oz unsweetened almond milk
- 2 tbsp unsweetened cocoa or cacao powder
- 1/2 cup spinach
- 1 tsp chia seeds
- 6 whole strawberries
- 1 tsp stevia
- 1 cup ice cubes

Instructions: Add ingredients to blender jar in order listed and secure lid. Blend on a Medium speed for 40-50 seconds.

Nutritional information: Servings: 2, Serving size 10 fl oz, Calories 90, Fat 3g, Sat fat 0g, Cholesterol 0 mg, Sodium 80 mg, Carbohydrates 17g, Fiber 4g, Sugar 11g, Protein 2g



Carrot Cake Smoothie

Ingredients:

- 3/4 cup unsweetened almond milk
- 1/4 cup plain yogurt
- 3 medium carrots, trimmed, peeled & chunks
- 1 tbsp walnuts chopped
- 1 Banana frozen
- 1/2 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- Stevia to taste
- 1-1/2 cup ice cubes

Instructions: Add ingredients to jar in same order as listed. Blend on high for 50 seconds.

Nutritional information: Servings 3; Serving size 7 fl oz, Calories 120, Fat 4g, Sat fat 0g, Cholesterol 0mg, Sodium 80mg, Carbohydrates 17g, Fiber 3g, Sugar 10g, Protein 5 g

