

Raspberry Sunrise Smoothie

Ingredients:

- 1 cup apple juice
- 2 large apples
- 1 cup frozen raspberries
- 1/2 cup Greek yogurt
- 1/4 cup rolled oats or granola
- 1/4 tsp ground cinnamon
- 1/8 nutmeg
- 1 frozen **banana**



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

Nutritional information: Servings: 3, Calories 190; Fat 1 g, Saturated Fat 0g, Cholesterol 0 mg, Sodium 29mg, Carbohydrates 44g, Fiber 8g, Sugar 28g, Protein 8g

Pina Colada Smoothie

Ingredients:

- 8 fl oz pineapple juice
- 1/4 cup coconut cream or **coconut** milk
- 1/2 cup frozen **pineapple**
- 1/2 cup Greek yogurt
- 2 tbsp shredded dried **coconut** (optional)
- 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, Calories 167, Fat 3g, Sat fat 0g, Cholesterol 1mg, Sodium 43mg, Carbohydrates 28g, Fiber 1g, Sugar 24g, Protein 7g

Blue Banana Smoothie

Ingredients:

- 1 apple juice
- 1 cup frozen blueberries
- 1/2 cup plain **yogurt**
- 1/4 cup raw oats or granola
- 2 tbsp **almond butter**
- 1/2 **banana** frozen
- 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; Calories 197, Fat 7g, Sat fat 0g, Cholesterol 0mg, Sodium 26mg, Carbohydrates 28g, Fiber 4g, Sugar 18g, Protein 8g