

## **Super Greens Smoothie**

Serves 1

Ingredients

- ½ cup baby spinach (or regular spinach) leaves
- ½ cup kale
- Half an avocado, peeled and seeded
- Half a green apple (Granny smith, Crispin) peeled & seeded
- ½ cup almond, cashew, coconut or oat milk
- ½ tsp. Spirulina

## **Tropical Flax**

Serves 1

Ingredients

- Half a banana, sliced
- ½ cup pineapple, chunked in cubes
- ½ cup strawberries, halved & frozen
- ½ cup almond, cashew, coconut or oat milk
- ½ tsp flax seeds

## **Nutty Blueberry**

Serves 1

Ingredients

- 1 cup almond, cashew, coconut or oat milk
- 1 cups frozen blueberries
- 1 tsp cocoa powder

- 1 tbsp peanut (almond or cashew) butter