

Greeña Colada Smoothie

Makes 2 large servings

Recipe Adapted from: [Pineapple and Coconut](#)

Ingredients

1 cup coconut water
½ avocado, peeled and pitted
3-4 cups fresh spinach
1½ cups frozen pineapple chunks
¼" thick slice (or about ⅛) of fresh lime, including peel
1 tbsp coconut oil
Ice, if desired

Directions

1. Add ingredients to a blender in this order: coconut water, avocado, spinach, pineapple, and lime. Blend on medium until spinach is starting to puree.
2. While the blender is still on, slowly pour in coconut oil. Once added, blend on high.
3. Taste and add ice for a thicker shake or additional water to thin, if needed, to reach desired consistency.

Nutrition Information per Smoothie: 260 calories, 15gm total fat, 7gm saturated fat, 210mg sodium, 32gm carbohydrates, 9gm fiber, 5gm protein



Kale, Berry, Banana Smoothie

Makes 1 serving

Ingredients

2 cups fresh kale (for a milder taste, use baby kale or spinach)

$\frac{3}{4}$ cup frozen blueberries (or mixed berries)

$\frac{1}{2}$ medium banana, frozen

1 scoop whey protein powder

$\frac{1}{2}$ - 1 cup milk of choice

1 tsp vanilla (optional)

Directions

1. Blend all ingredients until smooth.
2. Taste and add additional milk to thin, if needed to reach desired consistency, and add vanilla for a touch of sweetness if desired.

Nutrition Information per Smoothie (using 2% cow's milk): 280 calories, 3.5gm total fat, 1.5gm saturated fat, 70mg sodium, 36gm carbohydrates, 6gm fiber, 27gm protein

