

Rainbow Smoothie Recipes

Green:

1 cup spinach, 1/3 cucumber, 1/4 avocado, 1/2 cup frozen broccoli, 1/2 banana, milk of choice

Purple/ Blue:

1 cup spinach, 1/3 cucumber, 3/4 cup frozen blueberries or blackberries, 1/2 banana, milk of choice

Pink/ Red:

1/4 avocado, 1 cup strawberries, 1/2 cup beets, 1/2 banana, milk of choice (more beets= more red)

Orange:

1/2 cup/can pumpkin, 1/2 cup mango, 1/2 banana, 1tsp turmeric, milk of choice

Brown:

1/4 avocado, 1/2 cup frozen broccoli, 1 banana, 1tsp unsweet cocoa, 1TBS nut butter, cinnamon, milk of choice

Optional add-ins:

Protein: Greek yogurt, soy milk, skim milk, tofu, plant protein powder, nut butter

Fiber: chia/ flax seed, oats/ granola, nut butter

Flavor: maple syrup, stevia, vanilla extract or milk, cinnamon, cocoa (not sweet), dark chocolate chips

Try using frozen fruit and vegetables, tofu, banana, and/or avocados for a great texture!

ENJOY!!

