

15 TASTY SMOOTHIES RECIPES



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Smoothie Recipes You'll Love

Green Power Smoothie

- Ingredients:
 - 1 cup spinach
 - 1/2 cup kale
 - 1/2 banana
 - 1/2 green apple
 - 1 tablespoon chia seeds
 - 1 cup almond milk
- Instructions:

Add all the ingredients to a blender.

Blend until smooth.

Pour into a glass and enjoy.

Berry Blast Smoothie

- Ingredients:
 - 1/2 cup frozen mixed berries (strawberries, blueberries, raspberries)
 - 1/2 cup Greek yogurt
 - 1/2 banana
 - 1 tablespoon honey
 - 1/2 cup water or almond milk
- Instructions:

Combine all the ingredients in a blender.

Blend until creamy and smooth.

Serve in a chilled glass.

Tropical Paradise Smoothie

- Ingredients:
 - 1/2 cup pineapple chunks
 - 1/2 banana
 - 1/2 cup mango chunks
 - 1/2 cup coconut milk
 - 1/2 cup orange juice
- Instructions:

Place all the ingredients in a blender.

Blend until the mixture is silky and consistent.

Pour into a glass and enjoy the taste of the tropics.

Protein-Packed Peanut Butter Smoothie

- Ingredients:
 - 1 scoop of vanilla protein powder
 - 2 tablespoons natural peanut butter
 - 1/2 banana
 - 1 cup unsweetened almond milk
 - 1/2 teaspoon honey (optional)
- Instructions:

Combine all ingredients in a blender.

Blend until the mixture is smooth.

Pour into a glass, and if desired, drizzle honey on top for sweetness.

Detox Green Smoothie

- Ingredients:
 - 1 cup kale
 - 1/2 cucumber
 - 1/2 lemon (juiced)
 - 1/2-inch fresh ginger
 - 1/2 green apple
 - 1 cup coconut water
- Instructions:

Add all ingredients to a blender.

Blend until the mixture is smooth and detoxifying.

Pour into a glass and enjoy the cleansing benefits.

Chocolate Banana Protein Smoothie

- Ingredients:
 - 1 scoop chocolate protein powder
 - 1 banana
 - 1 tablespoon cocoa powder
 - 1 cup unsweetened almond milk
 - 1 tablespoon almond butter
- Instructions:

Combine all ingredients in a blender.

Blend until creamy and chocolatey.

Pour into a glass and indulge in a healthy chocolate treat.

Blueberry Oatmeal Breakfast Smoothie

- Ingredients:
 - 1/2 cup rolled oats.
 - 1/2 cup blueberries
 - 1/2 banana
 - 1/2 cup Greek yogurt
 - 1 cup almond milk
 - 1 tablespoon honey (optional)
- Instructions:

Place all ingredients in a blender.

Blend until smooth and the oats are well incorporated.

Pour into a glass and add honey for extra sweetness if desired.

Cherry Almond Bliss Smoothie

- Ingredients:
 - 1 cup frozen cherries
 - 1/4 cup almonds
 - 1/2 cup Greek yogurt
 - 1 tablespoon honey
 - 1 cup unsweetened almond milk
- Instructions:

Combine all the ingredients in a blender.

Blend until creamy and smooth.

Pour into a glass and savor the cherry-almond goodness.

Peachy Green Smoothie

- Ingredients:
 - 1 cup spinach
 - 1 cup frozen peaches
 - 1/2 banana
 - 1/2 cup plain Greek yogurt.
 - 1/2 cup water or coconut water
- Instructions:

Add all ingredients to a blender.

Blend until the mixture is smooth and vibrant.

Pour into a glass and enjoy the refreshing taste.

Mango Tango Smoothie

- Ingredients:
 - 1 cup mango chunks (fresh or frozen)
 - 1/2 banana
 - 1/2 cup plain Greek yogurt.
 - 1/2 cup orange juice
 - 1/2 cup coconut water
- Instructions:

Combine all the ingredients in a blender.

Blend until smooth and tropical.

Serve in a chilled glass for a taste of the exotic.

Strawberry Kiwi Delight

- Ingredients:
 - 1 cup strawberries
 - 2 kiwis peeled and sliced.
 - 1/2 cup plain Greek yogurt.
 - 1/2 cup orange juice
 - 1 tablespoon honey (optional)
- Instructions:

Place all ingredients in a blender.

Blend until the mixture is smooth and vibrant.

Pour into a glass and add honey for extra sweetness if desired.

Pineapple Turmeric Smoothie

- Ingredients:
 - 1 cup pineapple chunks
 - 1/2 banana
 - 1/2 teaspoon turmeric powder
 - 1/2 teaspoon ginger
 - 1/2 cup coconut milk
 - 1/2 cup orange juice
- Instructions:

Add all ingredients to a blender.

Blend until the mixture is smooth and golden.

Pour into a glass and enjoy the anti-inflammatory benefits.

Cinnamon Apple Pie Smoothie

- Ingredients:
 - 1 apple peeled and chopped.
 - 1/2 banana
 - 1/2 cup rolled oats.
 - 1 teaspoon cinnamon
 - 1 cup almond milk
 - 1 tablespoon honey (optional)
- Instructions:

Combine all ingredients in a blender.

Blend until smooth and reminiscent of apple pie.

Pour into a glass and drizzle honey on top for added sweetness.

Carrot Cake Smoothie

- Ingredients:
 - 1 cup shredded carrots
 - 1/2 banana
 - 1/4 cup rolled oats.
 - 1/2 teaspoon cinnamon
 - 1/2 cup Greek yogurt

- 1 cup almond milk
- Instructions:

Place all ingredients in a blender.

Blend until the mixture is smooth and has the flavors of carrot cake.

Pour into a glass and enjoy this nutritious twist on a dessert favorite.

Avocado Mint Chocolate Smoothie

- Ingredients:
 - 1/2 ripe avocado
 - 1 tablespoon cocoa powder
 - 1/2 cup fresh mint leaves
 - 1/2 banana
 - 1 cup almond milk
- Instructions:

Add all ingredients to a blender.

Blend until creamy and minty.

Pour into a glass for a unique and refreshing chocolatey treat.

These smoothie recipes provide a variety of flavors and health benefits to suit different tastes and dietary preferences. Enjoy blending and sipping on these nutritious beverages!

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