

Cookie Dough Smoothie

1/4 cup raw pecans
1/4 cup Medjool dates, pitted (about 3-4 large)
1 cup chopped very ripe pear
2 TB lucuma powder (optional) or 1/2 tsp vanilla extract
1 tsp maca powder
1 1/2 cups almond milk
2 TB cacao nibs
2 cups coconut ice or regular ice

Blend all ingredients except cacao nibs and ice, until creamy and smooth. Add the nibs and ice and blend until frosty, leaving the nibs to serve as “chocolate chips” and add a crunchy kick.

From: *SuperFood Smoothies* by Julie Morris

Tropical Green Smoothie

1 cup spinach
1/2 banana
1/2 cup mango
1/2 cup pineapple
1 cup coconut milk or coconut water
1 scoop protein powder (optional)

Blend ingredients together until smooth. Add ice if you want it extra frosty.

From: Heidirothnutrition.com