

Strawberry Basil Smoothie

1 cup fresh or frozen strawberries
1/2 cup soy milk
1/3 cup plain or vanilla yogurt
2-3 basil leaves
Ice, unless using frozen berries

Mix all ingredients in blender until smooth. Sweeten with honey if needed. We made it as a plant-based smoothie, substituting coconut water for the soy milk and 1 TB chia seeds for the yogurt.

Orange Julius Smoothie

2 small clementines, peeled (or 1 orange)
1/2 tsp orange or clementine zest
1/2 cup Kefir
1 scoop whey protein powder
1 date, pitted
1/2 cup ice

Mix all ingredients together and add a small amount of sweetener if needed.

Creamy Green Almond Smoothie

1/2 cup frozen chopped spinach (or 1 cup fresh)
1 frozen banana
1/2 cup soy or almond milk
1 TB almond butter
1/4 tsp almond extract
1/2 cup ice
1 scoop protein powder (optional)

Mix all ingredients together and add a small amount of sweetener if needed.

