

<p style="text-align: center;"><b>Triple Treat Antioxidant Smoothies</b></p> <p>1/3 cup cooked broccoli  1/2 cup frozen strawberries  1/2 cup frozen red raspberries  1/2 cup pomegranate juice  3/4 cup vanilla yogurt  1 T. sugar</p> <p>Cook broccoli as directed and rinse with cold water until cooled. Drain. Mix broccoli and juice in blender, add remaining ingredients and blend until smooth. Makes 2 servings ( 1 cups )</p>	<p style="text-align: center;"><b>Super Strawberry Smoothies</b></p> <p>1/3 cup cooked broccoli  3/4 cup French vanilla yogurt  1 avocado half peeled  3/4 cup pomegranate juice  1 cup frozen strawberries</p> <p>Cook broccoli as directed and rinse with cold water until cooled. Drain well. Mix broccoli and juice in blender until smooth add remaining ingredients and blend until smooth. Makes 2 servings (1 1/2 cups each)</p>
<p style="text-align: center;"><b>Tropical Power Smoothies</b></p> <p>1/3 cup cooked broccoli  1/2 cup frozen blueberries  1 avocado half, peeled  2/3 cup water  1/2 cup coconut milk  1 T sugar or agave  1 frozen banana</p> <p>Cook broccoli as directed and rinse with cold water until cooled.  Drain well. Mix broccoli and coconut milk in blender until smooth. Add remaining ingredients and blend until smooth. Makes 2 servings ( 1 cup each)</p>	<p style="text-align: center;"><b>Obviously Orange Smoothies</b></p> <p>1/3 cup cooked broccoli  1 cup frozen mango chunks  1/2 cup cooked carrots  1 cup orange juice  1 T. sugar</p> <p>Cook broccoli as directed and rinse with cold water until cooled. Grate and cook carrots and cool with cold water until cooled. Drain well. Blend broccoli and carrots with orange juice. Add remaining ingredients and blend until smooth. Makes 2 servings ( 1 cup each)</p>
<p style="text-align: center;"><b>Super Athlete Spinach Smoothies</b></p> <p>1/4 cup cooked chopped spinach  1 container blueberry yogurt  1 avocado half, peeled  3/4 cup cranberry-blueberry juice  1/2 cup frozen blueberries</p> <p>Cook spinach as directed and rinse with cold water until cooled. Drain well and squeeze out as much liquid as possible. Blend spinach and juice until well blended. Mix in remaining ingredients. Makes 2 servings ( 1 cup each)</p>	<p style="text-align: center;"><b>Beginner Green Spinach smoothies</b></p> <p>1/4 cup frozen chopped spinach  1 banana cut up  1 1/4 cup frozen strawberries  3/4cup orange juice  1 T. sugar or agave</p> <p>Cook spinach as directed and rinse with cold water until cooled. Drain well and squeeze out as much liquid as possible. Blend spinach and juice until well blended. Blend in remaining ingredients. Makes 2 servings ( 1 cup each )</p>

<p style="text-align: center;"><b>Monster Smoothies</b></p> <p>2 packed cups fresh spinach          ½ cup milk                      1 c. vanilla yogurt          1 frozen banana chunked          1 heaping T peanut butter          1 scoop of chocolate protein powder</p> <p>Blend spinach and milk until smooth. Add yogurt frozen banana, peanut butter and protein powder. Blend well. Makes 2 servings ( 1 cup each)</p>	<p style="text-align: center;"><b>Avocado and Blueberry Smoothie</b></p> <p>1 cup orange juice          ½ avocado peeled          ¾ cup frozen blueberries          ½ cup frozen raspberries          1 kiwi, peeled          1 ripe banana          ½ cup ice.</p> <p>Blend ingredients until smooth</p>
<p style="text-align: center;"><b>Don't knock it until you try it Zucchini Chocolate Banana Nut Milkshake</b></p> <p>1 c. grated zucchini frozen      ½ c. sugar          2 large bananas frozen            2 T. cocoa          ½ c. chopped peanuts              1 c. half and half</p> <p>Blend ingredients until smooth and creamy. Can substitute 1/3 c. of honey for sugar. Add honey to half and half first and blend then add frozen items.</p>	<p style="text-align: center;"><b>Pea Perfection Smoothie</b></p> <p>1/3 c. frozen sweet peas          1 c. frozen strawberries          ½ c/pineapple juice          1 frozen banana</p> <p>Cook peas, rinse with cold water until cooled. Drain. Blend peas with juice then add remaining ingredients and blend until smooth. Makes 2 servings</p>
<p style="text-align: center;"><b>Broccoli Power Punch Smoothie</b></p> <p>1/3 c. frozen broccoli              1 c. frozen mango          ½ frozen strawberries              1 banana          ½ c. pineapple juice</p> <p>Cook broccoli, rinse with cold water until cooled. Drain. Blend broccoli with juice. Add remaining ingredients and blend until smooth. Makes 2 servings.</p>	

**For more Smoothie Recipes go to [Smoothieweb.com](http://Smoothieweb.com)**

<p style="text-align: center;"><b>Strawberry Peach Carrot Smoothie</b></p> <p>1 carrot shredded and cooked ( ½ cup )  1 cup frozen peaches  ½ cup frozen strawberries  ¾ cup vanilla yogurt  1 T. flaxseed</p> <p>Cook carrots and rinse with cold water until cooled. Drain and blend with yogurt. Add remaining ingredients and blend until smooth. Makes 2 servings (1 cup each)</p>	<p style="text-align: center;"><b>Mega Big Smoothie</b></p> <p>1 cup frozen mango            2 frozen bananas  ½ c frozen strawberries    1 c. yogurt  1/c. carrots cooked            1 T. honey</p> <p>Cook carrots and rinse with cold water until cooled. Drain and blend with yogurt and honey. Add frozen fruit and blend until smooth. Can use fresh fruit instead of frozen. If using fresh fruit use 1 mango, 8 strawberries, 2 bananas, 2 carrots. Add to fresh fruit 2 c. ice.</p>
<p style="text-align: center;"><b>Berry Healthy Breakfast Smoothie</b></p> <p>½ c. blackberries, strawberries, and blueberries  ½ c. cooked carrots            1 c. milk  1 c. pomegranate or cranberry juice</p> <p>Cook carrots and rinse with cold water until cooled. Drain and blend with milk and juice. Add frozen fruit and blend until smooth. Makes 2 servings</p>	<p style="text-align: center;"><b>Sweet Vegetable Smoothie</b></p> <p>1 c. apple juice                    1 c. sliced sweet apple  ¼ c. applesauce                    ½ c. carrot  ½ c cucumber                    2 c. ice  Dash of cinnamon and nutmeg</p> <p>Blend ingredients together until smooth.</p>
<p style="text-align: center;"><b>Fruit Spinach Smoothie</b></p> <p>1 apple cored                    2 c. spinach packed  ½ c. Greek yogurt                1/3 c. orange juice  2 T. ground flax                 ½ T. honey  ¾ c. pineapple juice            1 ½ orange  1 frozen banana                 1 ½ c. ice</p> <p>Blend spinach, apple, honey and juice until smooth. Add remaining ingredients and blend until smooth</p>	<p style="text-align: center;"><b>Sweet Sensation Spinach Smoothie</b></p> <p>1/3 c. frozen spinach            1 banana  1 c. frozen peaches               ½ lime sherbet  ½ c. pineapple juice</p> <p>Cook spinach and rinse with cold water until cooled. Drain and blend with juice. Add remaining ingredients and blend until smooth. Makes 2 servings</p>