

Three Tasty Summer Smoothies



Summer Smoothie Recipe Cards

Raspberry Avocado Almond Smoothie



Ingredients

Note: They are in the order in which you should place them in the blender, starting at the top.

- 2 - 3 Cups Almond Milk (I like Unsweetened Vanilla)
- 1 - 2 Cups Spinach (Or your preferred dark leafy green)
- 1 1/2 Cups Frozen Raspberries
- 1 Ripe Avocado (Fresh or Frozen)
- 1 Scoop of your favorite protein powder
- 2 Table spoons Honey (Agave, Maple syrup OPTIONAL)

Once all the ingredients are in, I press the smoothie button and let the Blendtec do its thing. I like mine extra smooth so once I go through one round of blending I add some extra Coconut Milk to mine, I would say between ½ cup and 1 cup. Then I press the smoothie button again. You can do this in a normal blender, just be ready that there might be more seeds than you like or you may need to blend for longer.

Once done, I pour into 3 -4 Mason jars with a lid. If you are drinking them on the go Then place the ones that are not going to be enjoyed right away into the fridge, they will last in an air tight jar for a few days. That is, if no one drinks them.

Blue - Raspberry Coconut Smoothie



Ingredients

Note: They are in the order in which you should place them in the blender, starting at the top.

- 2 - 3 Cups Coconut Milk (I like Unsweetened Vanilla)
- 1 - 2 Cups Spinach (Or your preferred dark leafy green)
- 1 1/2 Cups Frozen Raspberries
- 1 1/2 Cups Frozen Blueberries
- 1 Scoop of your favorite protein powder
- 2 Table spoons Honey (Agave, Maple syrup OPTIONAL)

Once all the ingredients are in, I press the smoothie button and let the Blendtec do its thing. I like mine extra smooth so once I go through one round of blending I add some extra Coconut Milk to mine, I would say between ½ cup and 1 cup. Then I press the smoothie button again. You can do this in a normal blender, just be ready that there might be more seeds than you like or you may need to blend for longer.

Once done, I pour into 3 -4 Mason jars with a lid, you can find awesome reusable lids [here](#) and [here](#). Then place the ones that are not going to be enjoyed right away into the fridge, they will last in an air tight jar for a few days. That is, if no one drinks them.

Blueberry Mango Smoothie



Ingredients

Note: They are in the order in which you should place them in the blender, starting at the top.

- 2 - 3 Cups Coconut Milk (I like Unsweetened Vanilla)
- 1 Cup Spinach (Or your preferred dark leafy green)
- 1 1/2 Cups Frozen Mango
- 1 1/2 Cups Frozen Blueberries
- 1 Scoop of your favorite protein powder
- 2 Table spoons Honey (Agave, Maple syrup OPTIONAL)

Once all the ingredients are in, I press the smoothie button and let the Blendtec do its thing. I like mine extra smooth so once I go through one round of blending I add some extra Coconut Milk to mine, I would say between ½ cup and 1 cup. Then I press the smoothie button again. You can do this in a normal blender, just be ready that there might be more seeds than you like or you may need to blend for longer.

Once done, I pour into 3 -4 Mason jars with a lid, you can find awesome reusable lids [here](#) and [here](#). Then place the ones that are not going to be enjoyed right away into the fridge, they will last in an air tight jar for a few days. That is, if no one drinks them.