

Smoothies

Berry Blast

Ingredients:

1 cup fresh blueberries

½ cup Greek yogurt

½ cup orange juice

Ice cubes

Instructions:

Blend until smooth and enjoy!

Green Power

Ingredients:

1 ½ cups frozen pineapple chunks

1 cup chopped kale or spinach

1 banana

1 cup almond milk or as needed (also fine to use water)

Instructions:

Blend until smooth and enjoy!