



## Smoothie Recipes

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<p><b>Vegan Choco-Banana</b>            1 cup unsweetened Almond Milk            1 frozen banana            1 Tblsp raw cacao powder (70%+)            1 Tblsp almond or peanut butter            ice, splash of water to thin as desired            Place all ingredients in a blender until smooth</p>	<p><b>Banana Mango Breakfast Smoothie</b>            1 cup low fat milk            ½ cup plain probiotic yogurt            ½ cup frozen mango peices            1 frozen banana            1 Tblsp flaxseed oil            ice, splash of water to thin as desired            Place all ingredients in a blender until smooth</p>
<p><b>Berry Refreshing</b>            1 cup coconut water            1 cup mixed berries            6 mint leaves            ½ cucumber            ⅓ beet, peeled &amp; sliced            ice            Place all ingredients in a blender until smooth</p>	<p><b>Vegan Green Power Smoothie</b>            1 handful raw spinach and kale            1 cup unsweetened almond milk            ½ beet, peeled &amp; sliced            ½ avocado            juice from ¼ lemon            1 tsp spirulina            1 Tblsp coconut oil            ice, water to thin as desired            Place all ingredients in blender until smooth</p>
<p><b>Pomegranate Strawberry Smoothie</b>            ½ cup unsweetened almond milk            ½ cup plain probiotic yogurt            1 handful frozen strawberries            ½ frozen banana            seeds from 1/4 pomegranate            ice, water to thin as desired            Place all ingredients in blender until smooth</p>	<p><b>Post-Workout Smoothie</b>            1 cup unsweetened almond or low-fat milk            1 frozen banana            ½ cup frozen blueberries            1 scoop protein powder            1 Tblsp avocado oil            ice, water to thin as desired            Place all ingredients in blender until smooth</p>

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Almond milk can be replaced with cow's, goat's, rice or coconut milk, as desired.

Tip: keep fruit chopped and frozen for convenience, texture and to save time

## Smoothie Bowl

Try your favourite smoothie recipe with a little less liquid and more ice. Pour into a bowl and add slices of fruit, nuts and seeds, flax and shredded coconut, and enjoy with a spoon.

