

Cran-Beet Crusher

Serves 1

- 1 cup silken tofu
- ½ cup fresh or frozen cranberries
- ½ medium beet, peeled (raw or roasted)
- 1 small peeled Persian cucumber or ½ medium cucumber
- 1 celery stalk
- 1 cup Kale
- 1 orange or ½ cup fresh orange juice
- 2 tsp honey

Blend all ingredients until smooth.

Powerhouse Pumpkin

Serves 1

- ½ cup canned pure pumpkin, frozen in ice cube tray
- 7oz of 2% Greek style yogurt
- ½ cup water
- ¼ avocado (skin and pit removed)
- 2 TBSP ground flaxseed
- 1 TBSP maple syrup
- ½ tsp pumpkin pie spice

Blend all ingredients until smooth.

Berry Blast Protein Smoothie

Serves 1

- 1 scoop (1.6oz) vanilla soy protein
- 8oz or 1 cup low fat milk
- ½ frozen banana
- ¾ cup frozen mixed berries

Blend all ingredients until smooth.

Banana Peanut Butter Power

Serves 1

- ½ cup plain yogurt
- ½ cup milk
- 1 banana
- 1 TBSP peanut butter
- 1 large handful of spinach (I like baby spinach) cleaned
- ½ tsp vanilla

Blend all ingredients until smooth.