

Raspberry Zinger Smoothie

6 ingredients · 10 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Protein Powder

Use 1/4 cup hemp seeds per serving instead.

Ingredients

- 1 cup** Frozen Cauliflower
- 1 cup** Frozen Raspberries
- 1** Lemon (juiced)
- 1/4 cup** Vanilla Protein Powder
- 1 tbsp** Chia Seeds
- 1 1/2 cups** Unsweetened Almond Milk

Nutrition

Amount per serving

Calories	312	Cholesterol	4mg
Fat	10g	Sodium	317mg
Carbs	36g	Vitamin A	874IU
Fiber	16g	Vitamin C	100mg
Sugar	12g	Calcium	925mg
Protein	27g	Iron	4mg

Green Pineapple Ginger Smoothie with Aloe

7 ingredients · 5 minutes · 1 serving



Directions

1. Add water, aloe, kale and ginger to a high-speed blender and blend until kale is pureed.
2. Add remaining ingredients and blend until smooth. Serve immediately.

Notes

No Aloe Juice

Use fresh aloe leaf gel or coconut water instead.

Likes it Sweet

Add raw honey to taste.

Ingredients

- 1 cup Water
- 1 1/2 fl ozs Pure Aloe Juice
- 1/2 cup Kale Leaves (finely chopped)
- 2 tsps Ginger (peeled and grated)
- 1 cup Frozen Pineapple (chunks)
- 1/2 Avocado (fresh or frozen)
- 4 Ice Cubes

Nutrition

Amount per serving

Calories	266	Cholesterol	0mg
Fat	15g	Sodium	43mg
Carbs	34g	Vitamin A	3493IU
Fiber	10g	Vitamin C	94mg
Sugar	17g	Calcium	97mg
Protein	4g	Iron	2mg

Golden Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Zucchini

Omit or replace with frozen cauliflower or diced avocado.

No Fresh Ginger

Use powdered ginger instead, reduce to 1/2 tsp per serving.

Ingredients

- 1 cup** Lite Coconut Milk
- 1 cup** Frozen Pineapple
- 1/2** Banana (frozen)
- 1/2** Zucchini (chopped and peeled, frozen)
- 1 1/2 tsps** Ginger (fresh, minced)
- 1 tsp** Turmeric

Nutrition

Amount per serving

Calories	314	Cholesterol	0mg
Fat	16g	Sodium	72mg
Carbs	44g	Vitamin A	329IU
Fiber	6g	Vitamin C	102mg
Sugar	29g	Calcium	46mg
Protein	3g	Iron	3mg