

# SMOOTHIES

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## TROPICAL BREEZE

SERVES 1

TIME: 5 MINUTES

### INGREDIENTS:

1 banana  
1 C frozen mango  
½ C frozen pineapple  
½ C coconut cream (from a can)  
½ C water or almond/coconut milk  
(more for desired consistency)

### DIRECTIONS:

Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

**OPTIONAL:** Add a sprig of fresh mint to the blender for an even more refreshing smoothie! Top with shredded coconut.

## BERRY CHERRY ALMOND

SERVES 1

TIME: 5 MINUTES

### INGREDIENTS:

1 banana  
1 C frozen wild blueberries (or any berry mix you prefer!)  
½ C frozen cherries  
1 TBSP almond butter  
1 TBSP ground flaxseed  
1 C unsweetened almond/coconut milk (or more for desired consistency)

### DIRECTIONS:

Add all ingredients to a blender and blend until smooth. Pour into an 8oz. glass and drizzle with almond butter and your favorite toppings!

**OPTIONAL:** Add a scoop of your favorite chocolate or vanilla protein powder for an extra boost! You can also swap out almond butter for your favorite nut butter. Don't have flaxseed on hand? Swap for chia seeds!

## MINT CHIP

SERVES 1

TIME: 5 MINUTES

### INGREDIENTS:

1 banana  
¼ tsp cocoa powder  
Handful of fresh mint leaves  
1 TBSP coconut cream (from a can!)  
½ C unsweetened coconut/almond milk  
Handful of chocolate chips or cacao nibs

### DIRECTIONS:

Add all ingredients to a blender and blend until smooth. Pour into a glass and sprinkle with extra cacao nibs or chocolate chips.

**TIPS:** Save the remainder of your canned coconut cream in an airtight container for other smoothies, or you can put it in a bowl and use a hand mixer to make homemade whipped cream!

**SONG:** Buttercup by Hippo Campus

