



Something Smoothie

BY BROWNGIRLHEALTH



Contents

1. THE GREEN MACHINE
2. APPLE SMOOTHIE WITH
OATS
3. PINEAPPLE TURMERIC
SMOOTHIE

HING SMOOTHIES SOMETHING
OTHIE SOME SOMETHING



THE GREEN MACHINE

BY BROWNGIRLHEALTH

**1
TBS
Chai Seeds**

**1
Cup Water**

**or 1 Cup Milk
of
choicie**

**1 Frozen
Banana**

**or Frozen
Apple**

**2 Handfuls of
Spinach**

METHOD

Blend all ingredients
together

THE GREEN MACHINE
THE GREEN MACHINE



APPLE SMOOTHIE

With Oats

APPLE SMOOTHIE APPLE
SMOOTHIE APPLESMOO

**1 FROZEN
APPLE
CHOPPED**

**1/4 CUP
OATS**

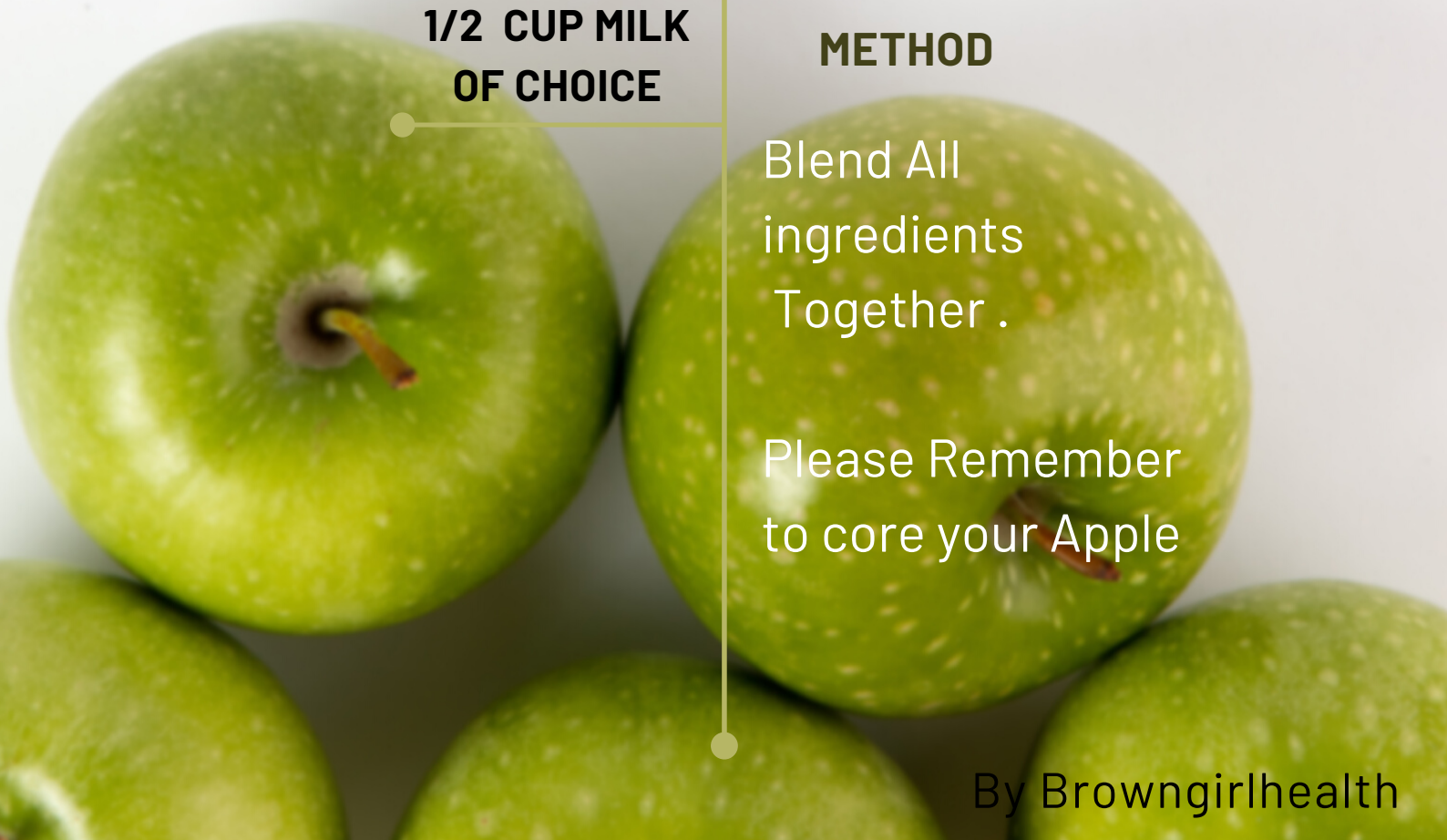
**1 TBS PEANUT
BUTTER OR
NUT BUTTER**

**1/2 CUP MILK
OF CHOICE**

METHOD

Blend All
ingredients
Together .

Please Remember
to core your Apple



ANTI-INFLAMMATORY ANTI-INFLAMMATORY
-INFLAMMATORY ANTI-INFLAMMATORY
ANTI-INFLAMMATORY ANTI-INFLAMMATORY
I-INFLAMMATORY ANTI-INFLAMMATORY
ATORY ANTI-INFLAMMATORY ANTI-INFLA
ANTI-INFLAMMATORY ANTI-INFLAMMATORY

PINEAPPLE TURMERIC SMOOTHIE

- 1 CUP FROZEN PINEAPPLE
- 3/4 CUP PLAIN YOGURT
- 1 TSP TURMERIC
- 1 CUP MILK OF CHOICE
OR
1 CUP WATER
- 5 CM GINGER

Method

Blend All ingredients Together

SMOOTHIE SOMETHING
SMOOTHIES SOMETHING SMOO

End

A SHORT EBOOK OF QUICK
NUTRITIOUS SMOOTHIES

