

6 MEAL PREP SMOOTHIE PACKS

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BERRY BLITZ SMOOTHIE PACK

1 cup frozen mixed berries
1 cup spinach
1 banana
2 Tbsp nut butter

CHOCOLATE CHERRY

1 cup frozen cherries
1 cup spinach
1 banana - chopped
1/2 tsp cocoa powder
1/2 cup plain yogurt

MANGO GINGER YOGURT

2 cups mango chunks
1 banana - chopped
1/2 cup plain yogurt
1 inch fresh ginger - peeled

STRAWBERRY OAT

1 cup sliced strawberries
1/2 cup rolled oats
1 banana - chopped
1/2 cup plain yogurt
1/4 tsp cinnamon

TROPICAL GREEN

1 cup pineapple chunks
1 cup spinach
1/2 avocado - sliced
1 banana - chopped

PINA COLADA

2 cups pineapple chunks
1 banana
1/2 cup shredded coconut

SMOOTHIE PACK ASSEMBLY:

- Add all the ingredients (except for milk) to a freezer bag. Keep any yogurt and spices in the center of the bag between other ingredients. Remove as much air as possible and seal the bag tightly. Store in the freezer for up to 3 months.

MAKING SMOOTHIE:

- Add the contents of the freezer bag to a blender along with 1/2 cup milk (you can use dairy, non-dairy, or water). Blend until smooth and creamy then serve.