

# 6 HEALTHY SMOOTHIE RECIPES

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## GREEN SMOOTHIE

1 cup milk  
1 frozen banana - chopped  
3 cups spinach  
1/2 ripe avocado  
1 Tbsp chia seeds - optional

## BLUEBERRY SMOOTHIE

1 cup milk  
1 frozen banana - chopped  
1/2 cup frozen blueberries  
1/2 ripe avocado  
3 ice cubes  
1 Tbsp chia seeds  
1 scoop protein powder - optional

## MANGO TURMERIC SMOOTHIE

1 cup milk  
1 frozen banana - chopped  
1 cup frozen mango chunks  
1 inch fresh ginger - peeled  
1 tsp turmeric powder

## RASPBERRY YOGURT SMOOTHIE

1 cup milk  
1 frozen banana - chopped  
1/2 cup plain greek yogurt  
2 cups frozen raspberries  
2-3 ice cubes

## CHOCOLATE BANANA SMOOTHIE

1 cup milk  
1 frozen banana - chopped  
2 Tbsp cacao powder  
4 ice cubes  
1 scoop protein powder - optional

## CARROT CAKE SMOOTHIE

1 cup milk  
1 frozen banana - chopped  
1 cup baby carrots  
1/2 tsp cinnamon  
1 Tbsp chia seeds  
3 ice cubes

## INSTRUCTIONS:

- Add the flavor ingredients to a blender and blend until smooth. Pour into a glasses, serve and enjoy!
- You can use regular milk, dairy-free milk (almond, cashew, hemp, oat, etc), or just use water. All of these will work!
- Frozen banana gives better consistency in this smoothie than a fresh banana. I recommend chopping it into 3 pieces, then freezing overnight.
- For carrot cake smoothie: use cooked carrots if you don't have a high-speed blender (ex. Vitamix) for a smoother consistency.