Strawberry and Greens
Recipe Yields: 4 cups

1 cup water

2 cups spinach, washed

1 cup soymilk

Spinach is PACKED with vitamins and minerals. Adding spinach to our smoothie offers a variety of nutrients such as vitamin K, folate, potassium, calcium, vitamin A, magnesium, iron, and many more!

2 frozen bananas

Protein alert! Adding protein to a smoothie (in this case through soymilk) can add more balance to our beverage. Plus, with soymilk, we're receiving the added benefit of calcium, vitamin D, and B-12!

1 cup frozen strawberries

Boosting our immune system with the delicious power of berries! Adding vitamin C into our daily diet (which strawberries have plenty of) can improve our immune system to help fight off the common cold.

Potassium, magnesium, B-6, oh my! Bananas are a great addition to any smoothie. They provide many nutrients, including fiber, which can help keep us feeling full.

Helllooo hydration! Getting fluids in throughout the day can help us stay alert in classes and keep cool, especially when it's hot outside.
Citrus Refresher Smoothie

Recipe Yields: 2 cups

1/2 cup pineapple

Alooooha! Did you know manganese, which is abundant in pineapple, is a mineral that plays an essential role in our energy production?!? More please!

1/4 lime, peeled

Citrus to the rescue! Adding vitamin C into our daily diet can improve our immune system to help fight off the common cold.

1/2 cup berry blend

Berries are bursting with antioxidants, which help protect our bodies from damaging free radicals. Add a mix to any smoothie for a delicious sweet kick!

1/2 cup grapes

Toss them in whole. Grape skins contain resveratrol, which is associated with longevity. Resveratrol has been claimed to have antioxidant and anti-inflammatory properties, so pop them in for an added bonus!

1 & 1/4 cups ice

Keep cool! Staying hydrated helps us regulate our body temperature. Ice counts towards our fluid goals!

1 cup water

+