Taste the Rainbow

Recipe Yields: about 4 cups

1.5 cups frozen strawberries
1 cup orange juice
1 cup spinach
1 cup water
1 banana
1 cup frozen blueberries

Not only does the Vitamin C in citrus and berry fruits help boost immune function, it also helps to absorb the iron found in some leafy greens, such as spinach!

Staying hydrated throughout the day will help keep you cool through the hot seasons, and flush out any everyday toxins.

Rich in many essential nutrients including, Vitamin K, A, folic acid, and iron, spinach also neutralizes free radicals and is naturally very nutrient dense.

The second most popular berry, they are full of antioxidants, which combat everyday wear-and-tear in the body. This means these can help you stay more youthful, longer!

Bananas have a lot of potassium, and magnesium, and fiber. These are important for electrolyte balance as well as bone health.
Protein Berry Smoothie
Recipe Yields: about 4 cups

1 apple
An apple a day keeps the doctor away...goes the famous saying. The fiber found in the skin of apples helps reduce constipation, and the antioxidants help reduce the risk of cancer.

1 tbsp honey
Honey is a natural sweetener, and adds flavor from the local flowers and plants from which it was made.

1/2 cup tofu
Protein alert! Adding protein to a smoothie can add more balance to your beverage. Plus, with tofu, there is the added benefit of Vitamin D and B12.

2 cups frozen berries
Boost your immune system with the delicious power of berries! Adding Vitamin C into your daily diet can improve your immune system to help fight off the common cold.

1 cup water
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