

MOT more of this  
—————  
LOT less of that

## Smoothies

Amp up your daily nutrition totals with vitamins, minerals, fiber and taste!

**Each Recipe Serves: 2-3**

**Total time: 15 minutes**

### Tropical Spinach

- 1 cup baby spinach
- 1 cup unsweetened full fat coconut milk)
- 1/2 c frozen pineapple chunks

### Kale And Green Grapes

- 2 cups kale leaves, stems removed, torn into small pieces
- 1 cup unsweetened almond milk or milk of choice
- 2 cups green grapes
- 1 tablespoon unsweetened almond butter
- 2 teaspoons cinnamon
- drop or two of lemon or lime juice

### Pumpkin Pie Smoothie

- 1 cup pumpkin puree (canned/unsweetened)
- 1 cup unsweetened almond milk or milk of choice
- 1-2 tablespoons unsweetened applesauce
- 2 teaspoons cinnamon/nutmeg/ginger as desired

### Golden Milk Smoothie

- 1 cup frozen pineapple chunks (or mango)
- 1 cup unsweetened almond milk or milk of choice
- 1/2 frozen medium banana
- 1-2 tablespoons unsweetened applesauce
- 1 teaspoon each cinnamon/ginger/turmeric
- Pinch of black pepper

**Mary-Beth says:** *“Blend ingredients, starting with liquid and leaves first. Add fruits, vegetables, spices as desired to customize the flavor!”*