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Step 1: Assemble Ingredients

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2 cups frozen fruit (banana, strawberries, mixed berry, pineapple, tropical blend, etc.) 1 cup liquid (orange juice, almond milk, coconut water, coconut milk, water)

100+ Healthy Smoothie

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## Prudent Penny Pincher

Smoothies are an easy way to get more fruits and vegetables into your day, but calories can add up fast. For a smoothie that's only about 200 calories, follow our formula and use 1

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cup fresh fruit or  
vegetables and/or cooked,  
frozen vegetables + 1 cup  
fruit juice. Blueberries and  
grape juice are featured  
here.

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All recipes

\*If you'd like a sweeter smoothie, add 1 to 2 tablespoons of maple syrup.  
Creamy Coffee Smoothie. Rise and shine with this creamy smoothie that offers more nutrition and less added

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sugar than your typical coffee blended beverage. The Greek yogurt also helps to stabilize your energy levels so you won't fall victim to a mid-morning crash.

Top 10 Essential Smoothies

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for Beginners - NutriBullet

Whether you like berry smoothies, chocolate protein shakes, or green machines, we've got a smoothie you'll love. For more new year-friendly recipes, check out our favorite healthy snacks

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20+ Healthy Fruit Smoothie  
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This simple smoothie recipe  
might be an excellent option  
for a post-dinner treat or

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an afternoon snack when you need a bit of a boost to get through the rest of the day. Light coconut milk is richer and creamier than regular milk, and yogurt adds extra body. If you like darker chocolate, you could use

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bittersweet chips in place  
of semisweet.

20 Simple Smoothie Recipes  
for the Perfect Blend Every

...

50 Smoothies 1. Banana Blend  
2 bananas, 1/2 cup each

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vanilla yogurt and milk, 2  
teaspoons honey, a pinch of  
cinnamon and 1 cup ice. 2.

Strawberry-Banana Blend 1  
banana, 1 cup strawberries,  
1/2 cup each vanilla yogurt  
and milk, 2 teaspoons honey,  
a...

3. Strawberry Shortcake

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Blend 2 cups . . . Kids Cooking  
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in Healthy, Quick & Easy  
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more than 5 ingredients to make any smoothie in this book—and they're all under 300 calories! Healthy, Quick & Easy Smoothies includes these features: • 100 mouthwatering recipes for tropical fruit, berry,

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Recipes Under ...

These 10 healthy and easy  
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three ingredients, tops,

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Healthy and Easy Smoothie

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## Recipes | Shape Kids Cooking

The color of this smoothie alone is enough to wake you up, and it's all thanks to dragon fruit, or pitaya, a tropical fruit native to the Americas. The good news for pink smoothie lovers is that

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fiber-rich dragon fruit is now widely available in blender-ready frozen puree packs. So pop one into the ...

[Pink Dragon Smoothie Recipe](#)  
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These easy smoothie recipes for beginners will rock your morning! Just forget about running to the local supermarket to track down the ingredients that you have never heard of. These super easy smoothie recipes

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are all about keeping things just simple! Each one merely has 2-3 ingredients, but, these are some incredibly healthy smoothie recipes.

5 x Easy Smoothie Recipes  
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