

New Smoothie Recipes

Would you eat the same food for dinner every night? Is it time to try a different smoothie recipe? Try a few different food combinations to add variety to your diet and pallet.

Tropical Smoothie

You can get a great vitamin boost and imagine you are somewhere warm and sunny with this blend of tropical fruits and a dash of zip from lime and turmeric. If your fruit is frozen and cut in chunks your drink will have a great texture. Before you pour into your favourite cocktail glass taste the drink and sweeten to taste if required.

- 1 peeled orange
- ½ cup mango
- 1 cup pineapple
- ½ cup coconut milk (unsweetened)
- 1 tsp fresh lime juice and
- ¼ tsp zest of lime
- ¼ tsp turmeric



Breakfast Blueberry Smoothie

Dashing out the door in the morning or having lunch on the run? Try this Blueberry oat mixture to keep you satisfied until your next meal.

- 1 cup of frozen blueberries
- 1 banana (optional)
- ½ cup of oat milk (or almond milk)
- ¼ cup of granola (or oatmeal)
- ½ tsp of cinnamon
- 1 tbs of almond butter

Sprinkle blended drink with a dash of nutmeg and a bit of granola.



*Remember, liquids still have calories, so be sure to factor the total calories as well as the sugar content of smoothies into your daily nutrition plan.