

# Summertime Smoothies

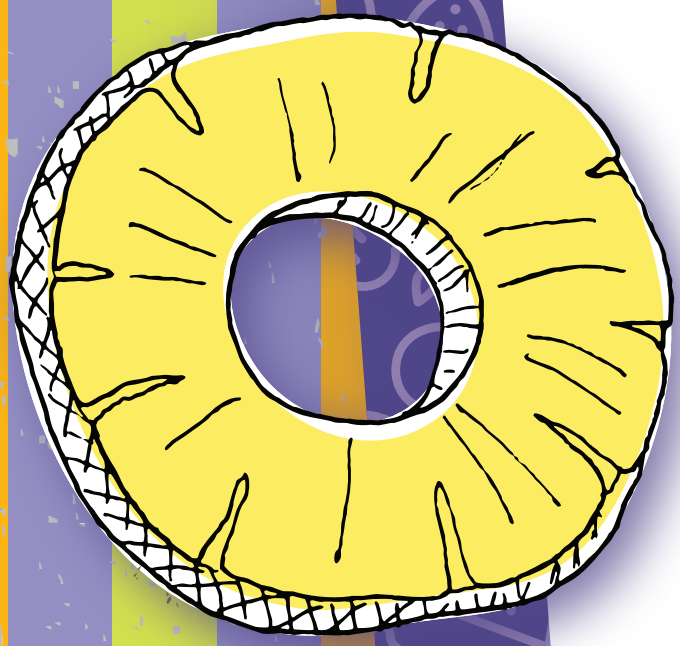


## Citrus-Pineapple Smoothie Bowl

Features citrus fruit that are rich in vitamin C, heart-healthy nuts and gut-healthy Greek yogurt.

1. Put 1/2 cup fat-free Greek yogurt, 1/2 cup frozen pineapple, 1 teaspoon vanilla extract, 1/2 naval orange (segmented), and 1/2 ruby grapefruit (segmented) in a blender.
2. Blend until smooth and divide between 2 bowls.
3. Top with more orange and grapefruit segments, a sprinkle of chia seeds, unsweetened coconut flakes and chopped cashews.

Nutrition (per serving): 240 calories, 8 grams fat, 12 grams protein, 31 grams carbs, 5 grams fiber, 19 grams sugar, 0 grams added sugar

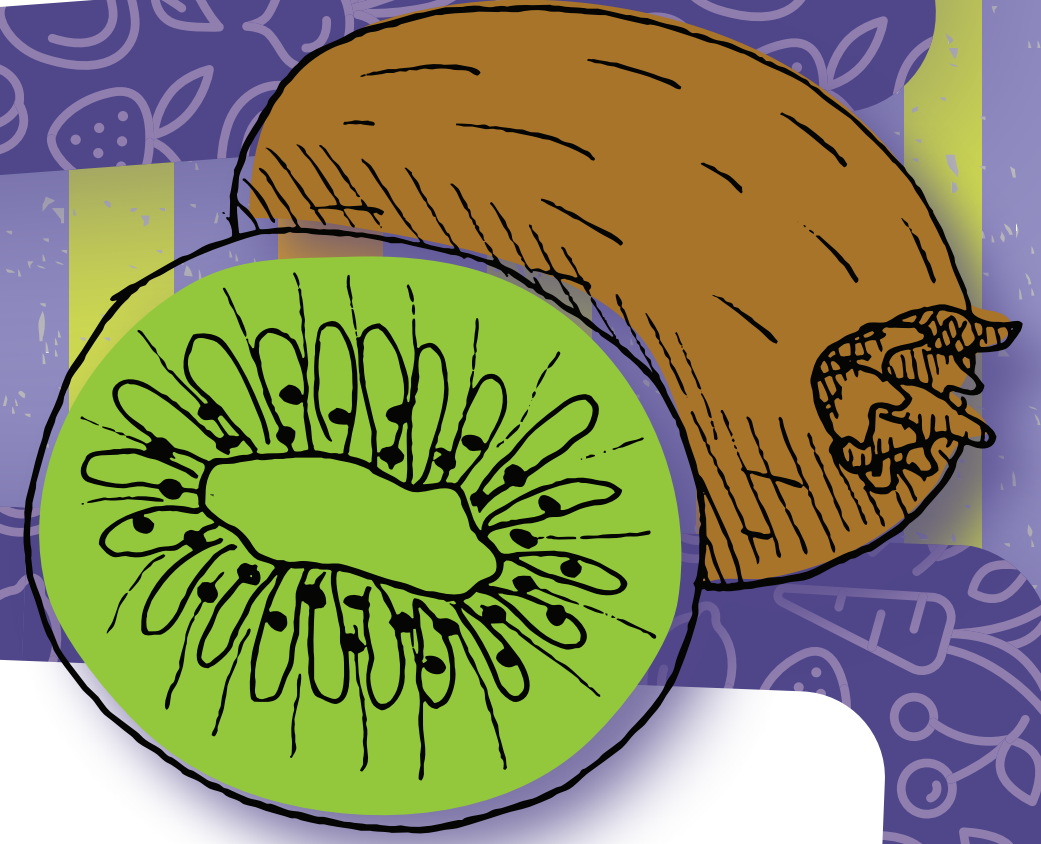


## Green Machine Smoothie

A post-workout drink with protein powder to help rebuild muscle, and banana and kiwi to provide potassium, vitamin C, and carbohydrate to help you refuel.

1. In a blender, add 1 medium banana (cut into pieces), 1 kiwi (peeled and cut into pieces), 1 cup unsweetened almond milk, 1 cup spinach, 1 scoop vanilla whey protein powder, and 1/2 cup coconut water.
2. Pulse in blender until creamy and smooth. Add more almond milk until desirable thickness reached.

Nutrition: 304 calories, 5 grams fat, 22 grams protein, 47 grams carbs, 7 grams fiber



## Mocha Protein Shake

Includes walnuts to boost protein and omega-3 fatty acids, which help fight inflammation and protect your heart by maintaining cholesterol levels and decrease blood pressure.

1. In a blender, add 1 1/2 cup black coffee (made in advance and cooled), 1 large frozen banana (cut into chunks), 1 cup ice cubes, 1/4 cup walnuts, 1 heaping tablespoon unsweetened cocoa powder, and 6 tablespoons chocolate protein powder.
2. Blend until smooth, divide into 2 servings.

Nutrition (per serving): 263 calories, 11 grams fat, 24 grams protein, 22 grams carbs, 4 grams fiber

