

Strawberry Smoothie Recipe

1 cup frozen strawberries
½ cup almond milk
Optional (stevia sweetener)
Put in blender and enjoy!
Approximately 65 Calories

Submitted by: Debbie Staton, MS, Wellness Coordinator, Arkansas Health Network



Fruit and Vege Smoothie

1 cup packed spinach
½ cup fresh blueberries
½ banana
1 cup coconut milk (or 1 cup almond milk for low-fat)
½ teaspoon vanilla extract

In a blender combine spinach, blueberries, banana, coconut milk, and vanilla. Blend until smooth.

If you wish you can replace the berries with your favorite fruit.

Serves one

This smoothie is a good way to get both fruit and vegetable