

Chocolate Peanut Butter Banana Smoothie

Ingredients:

- 1 frozen banana (peel before freezing)
- 2 tbsp. of peanut butter
- 1 tbsp. of unsweetened cocoa powder
- 1/3 cup of riced cauliflower
- 1/2 cup of milk (plant-based or regular works)

Instructions:

- Add all ingredients in a blender
- Blend until smooth and lump-free
- Serve in glass immediately



Spinach Berry Smoothie

Ingredients:

- 1/2 frozen banana
- 1 cup of frozen/fresh berries
- (strawberries, blueberries, raspberries)
- 1/2 cup of Greek yogurt (plain or vanilla)
- 1/2 cup fresh baby spinach
- 1 cup orange juice

Instructions:

- Add all ingredients in a blender
- Blend until smooth and lump-free
- Serve in glass immediately



Cauliflower, Avocado, Blueberry Smoothie

Ingredients:

- 2 tbsp. almond butter
- 1 1/2 cups frozen riced cauliflower
- 3/4 cup frozen blueberries
- 1/2 cup milk (plant-based or regular works)
- 3/4 cup water
- 1/4 frozen avocado
- 1/2 tsp cinnamon

Instructions:

- Add all ingredients in a blender
- Blend until smooth and lump-free
- Serve in glass immediately

