

## Apple, Avocado & Kale Green Smoothie

Get an extra burst of energy, greens and healthy fats  
With this nutrient packed smoothie. Don't let the color deter you...  
It's delicious!

### INGREDIENTS

- 1-1/2 C Apple Juice
- 2 C Stemmed, Chopped Kale
- 1 Apple, Cored & Chopped
- 1/2 Avocado, ripe
- 1/2 C Ice, to chill



Combine all ingredients & blend until smooth.  
Best consumed immediately. Serves 2.



Recipe By: [Realsimple.com](http://Realsimple.com)

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## Chocolate PB Protein Dessert Smoothie

Feeling low on protein? Craving something sweet?  
This smoothie feels like a treat and contains a whopping  
28g protein per serving!

### INGREDIENTS

- 1 large Banana, peeled, sliced
- 1 Tbsp Unsweetened Cocoa Powder
- 6oz Greek Yogurt (Vanilla Recommended)
- 3/4-1 C Skim Milk or Vanilla Soy Milk
- 1 Tbsp Honey, Agave or Maple Syrup
- 1 Tbsp PB, Almond Butter, or your favorite nut butter



Combine ingredients & blend until smooth for  
a healthy, high protein treat! Serves 1.



Recipe By: [Sallysbakingaddiction.com](http://Sallysbakingaddiction.com)

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## Cherry Berry Antioxidant Blast Smoothie

Antioxidants are vital in fighting inflammation and in  
the prevention of chronic disease. Boost your antioxidant  
intake through this berry-licious smoothie!

### INGREDIENTS

- 8oz Milk or Milk Substitute
- 3-4 Cherries
- 1/2 C Raspberries
- 1/2 Banana, sliced
- 1 Tbsp Chia Seeds, optional



Combine all ingredients & blend until smooth.  
Feel free to use fresh or frozen berries. Serves 1.



Recipe By: [Kristen Chang, MS, RDN](#)

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## "Sunshine" In A Glass Smoothie

Add a little sunshine to your day through this Vitamin C-  
rich citrus smoothie. A perfect glass of citrusy-goodness to help you  
wake up in the morning!

### INGREDIENTS

- 8oz Vanilla Soy Milk (or Milk)
- 1 Orange, peeled
- 1/2 C Pineapple, Frozen
- 1/2 Banana, sliced
- 1 Tbsp Fresh Lemon Juice
- 1 tsp Lemon zest



Combine all ingredients & blend until smooth.  
Serves 1.



Recipe By: [Kristen Chang, MS, RDN](#)

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