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Smoothie recipes seem easy: combine fruit, vegetables, and a liquid. Then blend until creamy. But the details of a smoothie are in the variables. Finding the just-right combination takes some trial and error.

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you can make it on busy
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mornings. A bit of
For Breakfast Or
almond butter adds
Snack
richness and filling
protein. Freeze some of
the almond milk for an
extra icy-texture.

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so I decided to make up
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have on hand. That way
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a delicious smoothie for
an after-school snack
and I feel good knowing
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wherever you're at and
taste so good that
you 'll forget just how
healthy they are."

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with Only 3 Ingredients
Forget about running to

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the store to track down ingredients you've never heard of. These 10 easy smoothie recipes are all about keeping things simple: Each one has no more than three ingredients, for the perfect pick-me-up when you're on the go.

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bananas, avocado...the
list goes on. 10 Make-
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This smoothie recipe book is both a primer for anyone seeking to integrate the practice of ... All this in something that is totally enjoyable; delicious, quick and easy to make, and generally kid approved. 2 What Constitutes a Healthy Smoothie?

How to Make a
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Wonderfully thick and
tasty, this healthy
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smoothie recipe easily
substitutes for
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milkshakes and ice
For Breakfast Or
cream. Place one cup
Snack
frozen berries, 1/2 cup
low-fat yogurt, and 1/2
cup orange juice in a...

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20 Simple Smoothie
Recipes for the Perfect
Blend Every ...

Strawberry-Banana

Blend 1 banana, 1 cup
strawberries, 1/2 cup
each vanilla yogurt and

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milk, 2 teaspoons honey,
a pinch of cinnamon
and 1 cup ice. 3.

Strawberry Shortcake

Blend 2 cups
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strawberries,...

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just make sure you get
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