

## Smoothie Recipes

### **Banana Berry Smoothie**

- 1 banana
- ½ cup low fat yogurt
- 1 cup berries (fresh or frozen)
- ¼ cup orange juice

### **Chocolate PB Smoothie**

- 2 tbsp. cocoa powder
- ¼ cup oats
- ¼ cup peanut butter
- 1 cup low fat milk

### **More Smoothie Add-Ins:**

- Mangoes
- Peaches
- Spinach
- Low fat milk
- Protein powder
- Matcha powder
- Peanut or other nut butter
- Chia or flax seeds