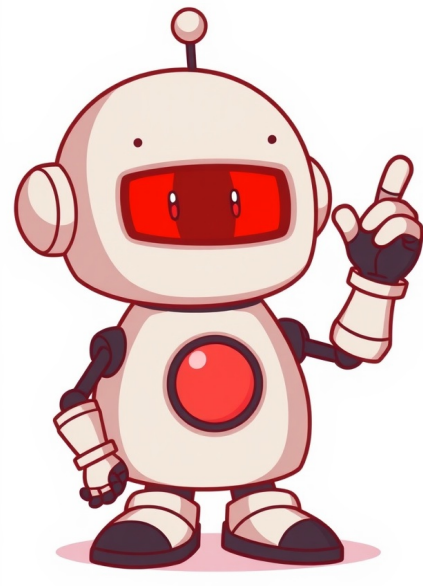


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Smoothies are quick, delicious and creative ways to enjoy your favorite fruits and veggies in one drink. With four- and five-star reviews, these refreshing drinks are tried-and-true favorites of EatingWell readers. Recipes like our Mango Raspberry Smoothie and Carrot Smoothie come together so easily in a personal blender, you'll want to make them again and again. Photographer: Morgan Hunt Glaze, Prop Stylist: Phoebe Hausser, Food Stylist: Emily Nabors Hall Use ripe bananas for this creamy Greek yogurt, spinach and pineapple smoothie. Chia seeds add healthy omega-3 fats, fiber and a little protein for an extra nutritional boost. Ali Redmond A squeeze of lemon juice adds bright flavor to this frozen fruit smoothie. Mango provides plenty of sweetness without having to add juice, but if it's too tart for you, a touch of agave will do the trick. Photographer: Fred Hardy II, Food Stylist: Margaret Monroe Dickey, Prop Stylist: Shell Royster This vibrant beet smoothie combines sweet and earthy beets with berries, banana and orange juice for a well-balanced flavor. Look for packaged cooked beets where the prepared fruits and vegetables are sold. Beets are high in betalains, an antioxidant that may help decrease inflammation in the body. Other nutrient-packed ingredients add even more anti-inflammatory power, like the anthocyanins in blueberries and the gingerol found in ginger. A smoothie with strawberries, blueberries and banana is delicately sweet and entirely kid-friendly, even with a boost of protein from hemp seeds. Freeze the fruits ahead of time for an extra frosty texture once blended. Diana Chistruga This type of drink tends to be pricey in the big city juice bars. Now you can make the recipe at home. Ali Redmond Peanut butter and banana is a classic combo that's even more delicious with the addition of tangy probiotic-rich kefir. Plus, this peanut butter banana smoothie helps you up your veggie servings for the day with a bit of mild-flavored spinach mixed in. Red lentils give this smoothie a plant-based protein boost. To make this smoothie vegan, try using unsweetened coconut beverage or almond milk in place of the dairy milk. Photographer: Morgan Hunt Glaze, Food Stylist: Julian Hensarling, Prop Stylist: Shell Royster This easy fruit smoothie recipe calls for just three ingredients: yogurt, fruit juice and frozen fruit. Mix up your fruit combinations from day to day for a healthy breakfast or snack that never gets boring. Red lentils are a sneaky source of plant-based protein in this healthy smoothie recipe. The lentils add 3 grams more protein than an equal-size portion of nonfat plain yogurt and 4 grams more fiber than a typical serving of protein powder. William Dickey; Styling: Margaret Dickey Start your day with a flavorful fruit smoothie. This smoothie is as delicious as breakfast, but also serves well as an afternoon snack or even a frosty dessert. Eva Kolenko Use juice rather than added sugar, such as honey or maple syrup, to balance the bitter taste of greens and suddenly you have a serving of vegetables that tastes like dessert. Of course, you can use any juice without added sugar, including apple or orange, for example. But the relaxing poolside flavor of pineapple combined with the ready-to-go convenience of the small, shelf-stable cans makes this our fave. Ali Redmond Give your blueberry smoothie a tropical update with the rich flavors of coconut milk and coconut cream. Freshly squeezed orange juice lends bright flavor to this healthy smoothie recipe, but if you're short on time, bottled will work just fine. Apples and peanut butter are a classic pair. Try them blended together in this healthy smoothie recipe. Ana Cadena Get a probiotic boost at breakfast when you add kefir to your smoothie. Feel free to use any berries and nut butter you have on hand in this healthy smoothie recipe. This healthy smoothie recipe has all the flavor of a pumpkin spice latte without all the sugar. Made with real pumpkin and frozen banana, this whips into a creamy, luscious grab-&-go breakfast (or snack) in just 5 minutes. Photographer / Brie Passano, Food Stylist / Annie Probst, Prop Stylist / Holly Raibikis It's hard to beat this recipe for quick and easy strawberry smoothies. All you need is five ingredients and five minutes. It's versatile too: you can use any unsweetened milk for creaminess, your preferred yogurt, and the maple syrup or honey is optional. The vanilla extract acts as a great flavor backdrop that will work with most fruits. Get blending! This riff on a classic fruit juice combines sweet apples with tart cranberries for a healthy, fiber-filled smoothie. For a fast-paced breakfast on the go, give your blender a whirl. Heart disease doesn't stand a chance thanks to the healthy fats from the almond butter and health-boosting phytonutrients in the cocoa powder and cherries in this tasty breakfast smoothie. This healthy smoothie recipe is the perfect way to cool off in the summer when cantaloupe is at its peak, adding plenty of sweetness to this healthy snack. Almond butter adds nutty flavor plus 7 grams of protein to this healthy, protein-rich banana smoothie. Sneak in your veggies with a smoothie every morning. Riced cauliflower adds thickness and creaminess to a subtly sweet cauliflower smoothie that features the fruity flavors of bananas and berries at the forefront. Smoothies are popular for breakfast, but many don't have enough calories or nutrients to be considered a complete meal. This creamy berry smoothie has the perfect balance of protein, carbohydrates and fat, and will keep you satisfied until your next meal. Blend almond milk, strawberry and pineapple for a smoothie that's so easy you can make it on busy mornings. A bit of almond butter adds richness and creaminess to the filling protein. Freeze some of the almond milk for an extra-icy texture. Smoothies pack all the healthy fruits, vegetables, and protein you need into a delicious blend that comes together in just minutes. Making homemade smoothies is simple, and they taste even better than store-bought smoothie packs. For more inspiration on smoothie combos to create at home, we've rounded up our best smoothie recipes, including both fruit and vegetable-based options, all packed with the good things. With just three ingredients, this banana-blueberry smoothie is an all-around winner. In addition to the fruits, all you need is nonfat plain yogurt and your blender! Like many of our best smoothie recipes, this one is versatile. The recipe calls for old-fashioned rolled oats, but you can use quick-cooked oats if that's what you have on hand. The low-fat yogurt and fat-free milk can also be substituted for any type of yogurt or milk, including non-dairy varieties. Fresh tasting with a luscious mouthfeel, this is our favorite avocado smoothie and it's vegan to boot. The green fruit makes it rich so there's no need for yogurt or other dairy, while the banana gives a delicate sweetness and creamy texture that's just what any smoothie needs. This smoothie is all about the pineapple. You can use fresh or frozen pineapple chunks, but frozen gives the drink a thicker, more luxurious flavor. The sweetness of the pineapple is tempered by the refreshing bite of fresh ginger, while low-fat yogurt adds protein, and a touch of cinnamon brings it all together. Credit: Courtesy of Mike Krautter Consider this dairy-free drink the smoothie version of a PBJ. Frozen creamy peanut butter and frozen mixed berries, as well as banana and almond milk. No sweeteners are needed, a pinch of salt brings the flavors into harmony. Credit: Ngoc Minh Ngo Jam-packed with superfoods that will keep you charged and ready to go for the day ahead, this smoothie parfait recipe is a winner. Plus, you can make it the night before so you can grab and go in the morning. Credit: Con Poulos Mangoes are full of nutrients and add a subtle tropical sweetness that makes this smoothie so delicious. But perhaps the winning ingredients here are fresh turmeric, antiinflammation-fighting superfood, and a pinch of black pepper, which helps absorb all the antioxidants turmeric provides. Truly, a liquid gold! Credit: Nico Schinco This sunny citrus smoothie is basically a more fiber-rich version of an Orange Julius. For a dairy-free version, you can use any milk alternative. Yogurt or even drinkable kefir can also add a touch of creaminess, just like a nostalgic orange Creamsicle pop. Our founder's favorite immune-boosting treat. Celery, parsley, pears, orange, cucumber, and fresh ginger are blended together to create a cocktail of nutritious fruits and vegetables. However, it is so versatile, you can easily mix, match, and swap ingredients to give it your own flare. Credit: Lennart Weibull Cut-friendly kefir makes a tangy, creamy foundation for this smoothie-in-a-bowl. The best part? You can customize it to your liking by adding healthy toppings, like fresh fruit, nuts, or seeds. Brimming with antioxidants, this fresh-flavored smoothie will be a nice, cooling treat mid-summer or when you simply need a good-for-you breakfast that's quick and easy to blend. Taste of Home When you're in need of a quick, on-the-go healthy breakfast, turn to these healthy smoothie recipes! By mixing and matching fresh or frozen fruits, veggies, yogurt, milk, natural sweeteners like honey or dates, juice and ice, these healthy smoothie recipes have as much flavor as they do nutrients. Not to mention, these healthy smoothies are entirely customizable and do well with the addition of chia seeds, nut butter or flax seeds. Plus, they're much better for you than storebought or chain coffee shop smoothies, which can be high in calories and packed with sugar-laden syrups or artificial flavors. So, start your morning off right with one of these healthy smoothie recipes. 1/26 From the Recipe Creator: Get a jump-start on all the nutrients you need by starting out your day with this healthy smoothie recipe. Use nondairy milk and yogurt if you prefer. Taste of Home Test Kitchen, Milwaukee, Wisconsin Nutrition Facts: 1 cup: 104 calories, 4g fat (2g saturated fat), 11mg cholesterol, 58mg sodium, 16g carbohydrate (11g sugars, 2g fiber), 3g protein. Diabetic Exchanges: 1 starch, 1/2 fat. 2/26 Berry Breakfast Smoothies Recipe photo by Taste of Home From the Recipe Creator: Smooth out the morning rush with a boost of berries. This smoothie is tart, tangy and sweet, so there's no need to add any extra sugar to this delightfully balanced beverage. Elisabeth Larsen, Pleasant Grove, Utah Nutrition Facts: 1 cup: 141 calories, 1g fat (1g saturated fat), 3mg cholesterol, 39mg sodium, 31g carbohydrate (29g sugars, 2g fiber), 4g protein. Also, check out smoothie recipes for kids. 3/26 Taste of Home From the Recipe Creator: This ultra refreshing bowl is the best way to start a summer morning! Madeline Butler, Denver, Colorado Nutrition Facts: 1 cup: 325 calories, 10g fat (7g saturated fat), 15mg cholesterol, 80mg sodium, 60g carbohydrate (51g sugars, 4g fiber), 4g protein. 4/26 Strawberry Smoothie Recipe photo by Taste of Home From the Recipe Creator: My mother gave me this healthy smoothie recipe, and it tastes fabulous. I fix it for breakfast or sometimes as a bedtime snack. Linda Barker, Mohawk, Michigan Nutrition Facts: 1 cup: 343 calories, 3g fat (2g saturated fat), 9mg cholesterol, 123mg sodium, 73g carbohydrate (57g sugars, 5g fiber), 12g protein. 5/26 Blueberry Pancake Smoothie Recipe photo by Taste of Home From the Recipe Creator: A smoothie loaded with fruit, oatmeal, maple syrup and cinnamon is great in the morning or at any time of day. If your berries are fresh (not frozen), freeze the banana ahead of time. Kailey Thompson, Palm Bay, Florida Nutrition Facts: 1 cup: 153 calories, 3g fat (0 saturated fat), 0 cholesterol, 191mg sodium, 31g carbohydrate (13g sugars, 5g fiber), 3g protein. Diabetic exchanges: 2 starch, 6/26 Date Smoothie Recipe photo by Taste of Home From the Recipe Creator: Smoothies are a quick and easy way to start off your day. They also make healthy after-school snacks that older kids can make themselves or with some help from an adult. If you like your smoothies with more sweetness, add a drizzle of honey or maple syrup. Taste of Home Test Kitchen Nutrition Facts: 1 serving: 271 calories, 11g fat (2g saturated fat), 0 cholesterol, 241mg sodium, 42g carbohydrate (25g sugars, 6g fiber), 6g protein. 7/26 DAN ROBERTS FOR TASTE OF HOME From the Recipe Creator: Since I started making this healthy smoothie recipe for breakfast every day, I honestly feel better! Substitute any fruit and juice you like to make this recipe your own healthy blend. Linda Green, Klauaea, Kauai, Hawaii Nutrition Facts: 1 cup: 121 calories, 0 fat (0 saturated fat), 0 cholesterol, 22mg sodium, 29g carbohydrate (21g sugars, 2g fiber), 1g protein. Diabetic Exchanges: 1-1/2 fruit, 1 vegetable. 9/26 From the Recipe Creator: Healthy smoothie recipes are a great way to get extra vitamins and minerals. Add your favorite fruit or even leafy green veggies, depending on what you have on hand. Taste of Home Test Kitchen, Milwaukee, Wisconsin Nutrition Facts: 1 cup: 280 calories, 13g fat (2g saturated fat), 0 cholesterol, 67mg sodium, 41g carbohydrate (28g sugars, 7g fiber), 6g protein. 10/26 From the Recipe Creator: I found this smoothie recipe over 30 years ago. I've tried several diabetes-friendly recipes, and this is one of the best. Margery Bryan, Moses Lake, Washington Nutrition Facts: 3/4 cup: 96 calories, 0 fat (0 saturated fat), 2mg cholesterol, 93mg sodium, 19g carbohydrate (18g sugars, 1g fiber), 3g protein. Diabetic Exchanges: 1 starch, 11/26 12/26 Banana Smoothie Recipe photo by Taste of Home From the Recipe Creator: This banana smoothie has to be one of my favorite recipes because it can be made in a flash, yet it's full of flavor. I think the honey adds just the right amount of sweetness. Everyone will love it...not just banana lovers! Ro Ann Cox, Lenoir, North Carolina Nutrition Facts: 1 cup: 238 calories, 3g fat (2g saturated fat), 13mg cholesterol, 78mg sodium, 49g carbohydrate (41g sugars, 2g fiber), 6g protein. 13/26 Kale Smoothie Recipe photo by Taste of Home From the Recipe Creator: I enjoy drinking a healthy smoothie for breakfast or as an after-school snack. The fruit and agave nectar give this healthy version a pleasant sweetness. Kimberly Jackson, Marshfield, Missouri Nutrition Facts: 1 cup: 184 calories, 3g fat (0 saturated fat), 0 cholesterol, 86mg sodium, 40g carbohydrate (23g sugars, 6g fiber), 4g protein. 14/26 Taste of Home From the Recipe Creator: This wake-me-up smoothie bowl with fruit, oats and cinnamon helps me start the day feeling satisfied. Sometimes I top it off with granola and berries or cherries. Jonelle Dansie, Murray, Utah Nutrition Facts: 1-1/4 cups: 239 calories, 5g fat (1g saturated fat), 5mg cholesterol, 70mg sodium, 43g carbohydrate (28g sugars, 6g fiber), 10g protein. Diabetic Exchanges: 1-1/2 starch, 1 fruit. 22/26 Taste of Home From the Recipe Creator: Who can tell that this delicious smoothie is made with tofu? No one (especially your kids)! The blend of berries and pomegranate juice makes this a refreshing delight. Sonya Labbe, West Hollywood, California Nutrition Facts: 1 cup: 157 calories, 1g fat (0 saturated fat), 0 cholesterol, 24mg sodium, 35g carbohydrate (29g sugars, 3g fiber), 4g protein. 23/26 From the Recipe Creator: My children resist veggies, but they love this healthy smoothie recipe. It packs in lots of good-for-you fruits and veggies but to my kids, it's just a super delicious breakfast. Elisabeth Larsen, Pleasant Grove, Utah Nutrition Facts: 1 cup: 141 calories, 2g fat (1g saturated fat), 5mg cholesterol, 79mg sodium, 20g carbohydrate (15g sugars, 1g fiber), 10g protein. Diabetic Exchanges: 1 fruit, 1/2 reduced-fat milk. 24/26 Taste of Home From the Recipe Creator: Whip up this creamy peach smoothie as a refreshing and nutritious snack or a quick chilled breakfast. Because you can use frozen fruit, you don't have to wait until peaches are in season to enjoy this delicious smoothie. Martha Polasek, Markham, Texas Nutrition Facts: 3/4 cup: 68 calories, 0 fat (0 saturated fat), 1mg cholesterol, 16g carbohydrate (14g sugars, 1g fiber), 2g protein. Diabetic Exchanges: 1 starch. 25/26 Taste of Home From the Recipe Creator: This is my toddler son's favorite breakfast! He'll take one of these over pancakes any day! Get creative when mixing fruits and fruit-flavored yogurts; we love peach yogurt with mango, strawberry yogurt with blueberries or pina colada yogurt with mango and banana. Dana Herra, DeKalb, Illinois Nutrition Facts: 1 cup: 180 calories, 1g fat (1g saturated fat), 5mg cholesterol, 71mg sodium, 39g carbohydrate (36g sugars, 3g fiber), 6g protein. 26/26 From the Recipe Creator: My honeydew and cucumber healthy smoothie recipe has only five ingredients. I sometimes add a small avocado to make it extra creamy. Crystal Schlueter, Babbitt, Minnesota Nutrition Facts: 1 cup: 155 calories, 2g fat (1g saturated fat), 4mg cholesterol, 48mg sodium, 28g carbohydrate (26g sugars, 2g fiber), 9g protein. These Easy Smoothie Recipes are great for any time of day, from breakfast or post-workout recharge to an after-school snack or a quick meal on the go. Smoothies are a brilliant way to pack healthy fruits, veggies, and protein. Best of all, they are easy to prep and take less than a minute to blend. Dust off your blenders and enjoy these nutrient-rich smoothies. This post may contain affiliate links. Read my disclosure policy. Think of a blender as an investment and its worth getting the best one that fits into your budget. There are some key things to consider when shopping. There are good blenders that are adequate and there are great blenders that will make you fall in love with smoothies. Here are the 4 blenders that we have used over the years including pros and cons from our experience and which is our favorite blender. \$5 Cuisinart Blender Pros: Compact, easy to clean. Cons: Limited Capacity, less powerful motor. Smoothies don't get fully smooth. \$\$\$ Wolf Gourmet Blender Pros: High-powered motor, durable construction. Cons: Expensive and blends better than a cheaper blender but (in my opinion) it's still not as smooth for the price point. \$\$\$ Blendtec Blender Pros: Large capacity, strong blending cycles, blends just about anything to super smoothness. Blades are supposed to be dull so they are easy to clean. Cons: Noisy it can wake up your kids in the morning. Its expensive but a good investment. \$\$\$\$ Vitamix Blender Pros: large capacity, strong blending cycles, a helpful plunger to move things around if they get stuck (which is rare), superior blending quality, removable pouring spout. This is the blender we are using currently and love it! Cons: Pricey There are so many reasons to love homemade smoothies over going out. We don't add junk like ice cream (well, sometimes), extra sugar, and super sweet juices like they do in smoothie shops. Our smoothie recipes are often packed with protein and are nutrient-rich with our own boosts of flax, chia seeds, greens, etc.) Its a good feeling to serve homemade smoothies to your family. Check out our most popular easy smoothies below. Smoothies are a great way to boost energy throughout the day. We love variety so we have almost every color in the rainbow here. This green power smoothie is love at first sip! Its nutrient-packed with nutritious ingredients like spinach and chia seeds. The best part is, you can taste the veggies because its blended with coconut milk, creamy banana, fresh oranges, and pineapple which add natural sweetness. Everything about this is good and good for you. The addition of Greek yogurt makes this Blueberry Pear Smoothie packed with protein which provides feel-good energy. You'll also love that it only has 4 ingredients if you don't count water. When cherries are in season, this is a great way to use them up but its also perfect with frozen cherries and you can enjoy it any time of day. Add a touch of lemon juice and you have a perfect healthy smoothie. This is a great way to sneak in your daily dose of vitamin C and its a good source of fiber. Adding avocado to a smoothie will make it one of the most luxurious smoothies you'll have. Avocado also adds great fiber and doesn't mask the sweet pineapple flavor. This one is so satisfying. Whisk yourself away to the tropics while you sip this mango smoothie. The addition of mango and pineapple adds exotic layers of flavor. It reminds me of my favorite mango smoothie from the smoothie shops, but I think homemade is even better! Its more nutrient-dense and only has natural sweetness from the fruit. This is loaded with protein and provides energy without any guilt. The combination of blueberries and mango makes it so bright and refreshing. Just 4 ingredients provide serious feel-good energy. This has an intense strawberry flavor the whole family loves. Its wonderful with in-season strawberries but frozen ones taste just as well throughout the year. This is a smart way to sneak more spinach into your diet! I love blending whole-food smoothies for my children because they are jam-packed with antioxidants and they taste so good! Besides being my favorite color (and its such a pretty purple!), this Blueberry Smoothie is loaded with blueberries which means its antioxidant-rich and the texture is a dream. This is the first smoothie recipe we shared on our blog and the video on this one dates it but its still really delicious (even using our tiny inexpensive blender!) Its a smart way to sneak in spinach for kids who otherwise don't want anything to do with those nutritious leafy greens. If you want to change up your smoothie routine, try this Green Smoothie Bowl. You'll learn all of our best tips for ensuring a super thick texture you can enjoy with a spoon (or a really wide straw if you want to give your cheeks a workout). This bowl is packed with mango, pineapple, avocado and spinach. I love a homemade smoothie bowl endlessly more than what Ive tried at smoothie shops because it isnt overly sweet. Its also rich in antioxidants and fiber. Youll make these easy smoothie recipes again and again. I hope you find some new favorites in this list and be sure to try the yummy Strawberry Banana Smoothie in the recipe card below! Homemade smoothies are such a treat and so easy just put everything in your blender and go! This strawberry smoothie is quick and customizable as a perfect treat for breakfast or any time of day. SaveSaved Pin Review Print Add all of your ingredients to the jar of a blender in the order they are listed with liquids on the bottom and frozen on top. Blend until completely smooth. Pour and serve right away. Nutrition FactsEasy Smoothie Recipes: Strawberry Banana SmoothieAmount per Serving% Daily Value*Monounsaturated Fat* Percent Daily Values are based on a 2000 calorie diet. If your morning routine is more like a hectic rush, you may think you don't have time for a healthy breakfast. However, a smoothie is a quick and easy meal that can be made in minutes. It's an excellent way to power your morning and get a boost from nutrient-rich fruits and veggies. Even if you're unsure about adding another item to your morning-to-do list, there are many effortless strategies for prepping your smoothies in advance. Over the weekend or on an evening when you have extra time, you can portion your smoothies in (reusable) single-serving freezer bags. On a busy morning, you can pull out a smoothie pack of frozen fruits and mix-ins, empty it into your blender with the liquid of your choice, and blend. If your new morning smoothie routine becomes too routine over time, you can easily change it up. With just a few tips, you can customize your smoothie and create new combinations. Whether you prefer your breakfast bright and fruity or sweet and nutty, theres a healthy, delicious smoothie recipe that will help you jumpstart your morning. Alison Bickel This smoothie has everything you need for sustained energy to tackle the morning: fiber, protein, healthy fats, vitamins, and calcium. But it also tastes amazing with sweet-tart blueberries, tangy yogurt, and bright citrus. There are even a few make-ahead strategies to make mornings even easier. Elise Bauer This is a simple and customizable smoothie recipe that's a great way to use up that lonely over-ripe banana on your counter. You can use any kind of fresh or frozen berries, so your morning smoothie can change with the seasons. This cool and refreshing strawberry peach smoothie tastes like summer in a glass. The lean protein in Greek yogurt helps make this a satisfying breakfast or a quick afternoon pick-me-up. You can make it dairy-free with your favorite plant-based yogurt or tropical-tasting coconut cream. Trent Lanz Smoothies are a great way to add a nutrient boost to your meal, and this recipe and guide from The Blender Girl is an excellent resource for crafting your own detox smoothie or adding one to your weekend or holiday or youre just looking for an immune system boost, this guides here to make sure your detox doesnt feel like detox. Sally Vargas | Art Banner Credit: Elena Resko We all know that breakfast is an important meal. If you often find it difficult to eat early in the morning, a smoothie is a great way to ease into your day. This strawberry almond oat smoothie is quick to make, healthy, and easy to bring with you on the go. Alison Bickel Are you a coffee person? A smoothie person? This coffee smoothie will turn you into both. A rich blend of coffee, cocoa, dates, banana, and almond butter comes together in a creamy mocha-flavored smoothie. Alison Bickel This is a super easy smoothie that blends ingredients that youre sure to already have on hand. Peanut butter and banana is a classic combo that makes this smoothie creamy, nutty, and nostalgically simple. Its a healthy breakfast or snack that kids and adults alike will love. Alison Bickel Peaches, always a favorite summer fruit, are a natural pairing with almonds as they're actually related under the same genus. Almond butter adds protein and healthy fats, and a dash of almond extract amplifies the almond flavor to enhance the natural sweetness of peaches. By using frozen sliced peaches, you can enjoy summer's best year round. Jessica Gavin Juicy, ripe melon may not be the first fruit that comes to mind when making a smoothie, but it makes a sweet summer-inspired smoothie any time of year. Pineapple juice adds a tropical twist, and tangy Greek yogurt helps balance out the sweetness. With just five ingredients, you're a quick blend away from a refreshing breakfast or snack. Elise Bauer You may have tried a mango lassi at your favorite Indian restaurant, but it turns out they're easy to make at home too. This yogurt-based mango smoothie is a creamy and refreshing drink that only requires five ingredients. Don't forget to try it with a dash of cardamom sprinkled on top. Alison Bickel It's not always easy to make healthy choices when you're short on time. This bright strawberry banana smoothie is an excellent choice for breakfast on the go. With just four ingredients and a few minutes, you've got a quick breakfast or snack packed with healthy fruit. Smoothies make breakfast (or snack time) easy with blend-and-go convenience. But we all know that mornings are hectic, and anything you can do to cut down on time spent in the kitchen helps. All the smoothies on this list require just three ingredients or less, excluding ice and/or water. Spend less time prepping ingredients and more time sipping on your favorite treat. Mackenzie Schieck Bananas sweeten up the spinach and soy milk to make a nutritious yet tasty treat. Recipe creator Erin Elisabeth says, "I make one of these healthy treats for myself every morning for breakfast, and it powers me all the way until lunch. I love the mild sweetness of the banana, but if you want it sweeter you could add sugar." Molly Reviewer deserbtaker says, "Like a couple of the other reviewers, I needed a way to incorporate kale into my diet, and this smoothie recipe fits the bill! The banana and orange flavors tame the bitterness of kale, and the end result is a palate-pleasing drink." Jan Mowbray Start your day with a dose of calcium and potassium. "One of my favorite smoothies one packet of Splenda is plenty sweet for me, especially if my bananas are really ripe," says reviewer Sarah Jo. "I like to add a touch of vanilla extract and a pinch each of ground cinnamon and nutmeg." naples34102 If you're looking for another way to use up your summer watermelon crop, look no further than this simple smoothie. Raw watermelon, ice, and honey are combined to make a refreshing summertime drink. "Five stars all the way for simplicity and ease of preparation, for presentation, and for pure refreshing deliciousness," says reviewer naples34102. Whether frozen or fresh, cantaloupe's sweet flavor will shine in this simple smoothie. Recipe creator Beth describes this smoothie as, "A sweet, healthy way to start your day with a delicious, unique flavor." Alexandra Murias Both watermelon and mangos are synonymous with summer, and this smoothie combines them to create the ultimate refresher. House of Aqua Recipe creator TRACY K describes this as, "A chocolaty, chilly soy smoothie full of healthy nutrients like protein and potassium. A tasty alternative to ice cream shakes, sure to please vegans and non-vegans alike." This smoothie combines chocolate soy milk, a banana, peanut butter, and ice. lutzflcat Cherries are at their peak in the summer, so finding new ways to use them is a must. Reviewer lutzflcat says, "This is simply pure, sweet, fruitiness from a combination of perfectly ripe summer fruit." France C This might actually be the world's easiest smoothie. The only ingredients are pineapple and strawberries. Take it from reviewer France C who says, "This really is the easiest smoothie ever. Two ingredients...not much that can go wrong here! The consistency was perfect for my tastes and I liked that it wasn't too sweet like a lot of smoothies can be." Yoly Avocado, Greek yogurt, banana, and water are combined to make a smoothie that's as filling as it is delicious. France C Having a hard time incorporating raw kale into your diet? This leafy green is much more palatable when combined with green grapes and ice. "Only 2 ingredients make for a very tasty smoothie," says reviewer France C. Paula Recipe creator greifkorn9090 says, "This is a frothy, creamy frozen drink I created when I was looking for recipes for the real Starbucks drink." If you have strawberries on hand you can easily make this Starbucks copycat drink using other pantry staples. France C Fresh cantaloupe plus milk and sugar gives you a frothy and refreshing drink. Although some reviews say the sweetness of the cantaloupe makes sugar unnecessary: "Quick and tasty! No sugar needed especially if you're using a very ripe cantaloupe," says France C. Paula Reviewer merpug says, "I love that this recipe is so healthy!" This smoothie combines low-fat ingredients with healthy matcha powder. Milk, strawberries, and avocados are all you need for this easy smoothie. Reviewer Yoly says, "This was tasty. The only addition I made was adding 2 packets of Stevia only because I like my smoothies on the sweeter side." Yoly "I've been experimenting with tropical fruit and sapote is really interesting. Its pulp is like chocolate pudding," says recipe creator claytical. "This recipe is really simple and lets the black sapote shine. It's pure cream, chocolaty goodness." This mouthwatering blend of fresh mango, pineapple, and almond milk makes a wonderfully fruity treat to your day. Add toasted almonds or flaxseeds for a fiber boost. Danielle DalyRee had her doubts the first time she heard the words "pumpkin smoothie" but that changed the second she tried these. "It turned out to be one of the creamiest, most delicious treats I'd ever tastedalmost like a pumpkin milkshake, but not nearly as sinful," she said. Get Ree's Pumpkin Smoothie recipe. SHOP BLENDERS2Caitlin Benself If you didn't think watermelon could get any more refreshing, think again! This chilled watermelon treat is perfect for sipping on a summer day. Get the Watermelon Smoothie recipe. Advertisement - Continue Reading Below3The Pioneer WomanLeafy greens, like kale or spinach, give this smoothie its bright green color. But don't worryyou'll only taste the sweet-tart flavors from the honey, pear, apple, pineapple, and banana. Get Ree's Healthy Green Smoothie recipe. 4The Pioneer WomanRee suggests using whatever red or purple ingredients you can get your hands on for this healthy smoothie recipe. "I used blueberries, strawberries, raspberries, blackberriesand purple cabbage!" she said. Get Ree's Purple Resolution Smoothie recipe. Advertisement - Continue Reading Below5Yellow Bliss Road8Orchids + Sweet TeaChocolaty goodness and caffeine combine to create this decadent smoothie. Despite the dessert-like flavor of cocoa powder, maple syrup, and cinnamon, ingredients like banana, almond milk, and hemp seeds make it plenty nutritious, too. Of course, you'll also add espresso powder!Get the Chocolate Espresso Smoothie recipe at Orchids + Sweet Tea.Advertisement - Continue Reading Below7Yellow Bliss RoadYou need just four ingredients to create this thick, creamy, and oh-so-tropical masterpiece of a drink: Frozen mango chunks, fresh banana, plain yogurt, and orange juice. Get the Mango Smoothie recipe at Yellow Bliss Road8Well PlatedTalk about breakfast on-the-go! With a sweet banana base, warm oats and cinnamon, and the taste of peanut butter, this smoothie tastes like an oatmeal cookie...but is so much healthier!Get the Oatmeal Smoothie recipe at Well Plated. Advertisement - Continue Reading Below10Simple JoyItt you like pia coladas... well, you'll love this smoothie! Frozen mango chunks, frozen pineapple, banana, and coconut milk give it all the tropical flavor of your favorite cocktail, but in refreshing smoothie form. Get the Pia Colada Smoothie recipe at Simple Joy.SHOP STRAWSAdvertisement - Continue Reading Below12Orchids + Sweet TeaWhile you might not have ever thought to make this flavor into a drink, everyone will want a sip (or slice) of your sweet potato pie smoothie. It's made with bananas, dairy-free yogurt, plant-based milk, almond butter, spices, sweet vanilla, and, of course, sweet potatoes.Get the Sweet Potato Pie Smoothie recipe at Orchids + Sweet Tea.Advertisement - Continue Reading Below13Mom on TimeoutThis smoothie is so aptly named! The sunrise-colored layers are made with fruits and vanilla yogurt. The bottom layer is pineapple, the middle layer is mango, and the top layer is strawberry. While you can pour in the bottom layer, be sure to spoon in the other two to keep the colors separate! Get the Tropical Sunrise Smoothie recipe at Mom on Timeout.14Simply Happy FoodieThere's not much better than an indulgent smoothie that's also just as nutritious! You'll use fresh ingredients like ripe banana, natural peanut butter, and raw cacao powder with Greek yogurt, almond milk, and a bit of honey for natural sweetness and plenty of protein.Get the Chocolate Peanut Butter Banana Smoothie recipe at Simply Happy Foodie.Advertisement - Continue Reading Below16Sugar and SoulYou'll be transported straight to the islands with this fruity drink. The tropical flavors come from orange juice, lime juice, banana, pineapple, and coconut extract. Get the Tropical Smoothie recipe at Sugar and Soul. Advertisement - Continue Reading Below17Nutrition in the KitchenAdvertisement - Continue Reading BelowWatch NextAdvertisement - Continue Reading Below

Why might you use a simile. What are similes and metaphors called. What are some examples of similes and metaphors. Similes and metaphors and personification. What are the purposes of similes and metaphors. What are the differences between metaphors and similes. What are the functions of similes and metaphors. Similes and metaphors quiz.

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