

Pumpkin Pie Smoothie

- 2 C spinach, packed
- 2 C rice milk or almond milk
- 1 C fresh pumpkin (or 1 15 oz. can of pumpkin)
- ½ T cinnamon
- 1 t nutmeg
- ½ T vanilla extract
- dash of all spice

Blend

Green Pineapple Smoothie

- 1 C pineapple, chopped (or 1 10 oz. pkg frozen)
- ½ C fresh or frozen mango
- 2 C spinach
- 1 C coconut water
- ½ T ginger

Blend.

Green Peaches and Cream Smoothie

- 2 C spinach, packed
- 1 ½ C fresh or frozen peaches
- 2-3 medjool dates, stoned and soaked for 5-10 minutes
- 2 C coconut milk beverage (from the carton, not the can)
- ½ T vanilla extract

Blend

Green Apple Smoothie

- 1 green apple, cored and chopped
- 2 cups spinach, packed
- 1 t ginger, minced
- 1 cup coconut water
- 1 t cinnamon
- Water (adjust to desired consistency)

Blend