



# Summertime Smoothies

## Sunrise Smoothie

### Ingredients

2 cups almond milk (or liquid of choice)  
1/2 banana  
2 cups frozen pineapple/mango/strawberry mix  
Handful of spinach (or greens of choice)

### Directions

Blend until desired consistency and serve.

## Island Blueberry Smoothie

### Ingredients

2 cups coconut milk  
2 cups spinach  
3 cups of blueberries

### Directions

Blend until desired consistency and serve. Easy and delicious.

Recipes from Stephanie Adams