

Super Simple Smoothies

With the abundance of fresh fruits and vegetables available year round in California, there are many creative ways to eat more of them. Here are three simple smoothie recipes for enjoying delicious fruits and veggies, packed full of nutrition and flavor. Use organic ingredients when possible. All recipes are gluten-free, dairy-free and vegan.

Berry Banana Blast

- 1 cup organic vanilla almond milk
- 1 cup blueberries
- ½ banana
- 1 cup fresh baby spinach leaves (about 2 handfuls)
- 2 tsp ground flaxseed



Peach Perfection

- 1 peach, halved and pitted (or 1 cup frozen slices)
- 1 cup blueberries
- 1 cup fresh kale leaves (about 2 handfuls)
- ½ cup organic unsweetened rice milk or water
(for a colder, thicker smoothie use 4 ice cubes instead)

Sweet Strawberry Sipper

- 1 cup organic vanilla soy or almond milk
- 12 medium strawberries
- 1 cup baby spinach leaves
- 2 tsp ground chia seeds



Puree each recipe in a blender (or Vitamix) and enjoy. For a thicker smoothie, use frozen fruit. Frozen fruit contains nearly the same nutritional value as fresh fruit. For a delicious, healthful frozen treat, pour smoothie mixes into popsicle molds and freeze. Kids love them too!