

Green Machine Smoothie

RECIPE

- 1 cup unsweetened plain almond milk
 - ¼ – ½ cup orange juice
 - ½ large avocado, chopped (preferably frozen for great smoothie texture)
 - ½ cup frozen mango chunks
 - 1 cup chopped kale
 - 1 tablespoon chia seeds
1. Start by adding 1 cup almond milk and ¼ cup orange juice to a high-powered blender. Then, add all the other ingredients.
 2. Blend until smooth. You may need to stop and stir/shake the blender or add up to ¼ cup more orange juice, as needed, to make sure it gets smooth.

MAKE 4 SMOOTHIE PACKS

- 4 cups unsweetened plain almond milk
- 2 cups orange juice
- 2 large avocados
- 2 cups frozen mango chunks
- 4 cups chopped kale
- ¼ cup chia seeds

Assemble

1. Layer ingredients into four small freezer bags in this order:
 - ½ large avocado, chopped
 - ½ cup frozen mango chunks
 - 1 cup chopped kale
 - 1 tablespoon chia seeds
2. Seal tightly, squeezing out the air, and freeze for up to 3 months.

Green Machine Smoothie

MADE ON: _____

Add 1 cup unsweetened plain almond milk and ¼ cup orange juice to blender. Then, add all the other ingredients. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

Green Machine Smoothie

MADE ON: _____

Add 1 cup unsweetened plain almond milk and ¼ cup orange juice to blender. Then, add all the other ingredients. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

Green Machine Smoothie

MADE ON: _____

Add 1 cup unsweetened plain almond milk and ¼ cup orange juice to blender. Then, add all the other ingredients. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

Green Machine Smoothie

MADE ON: _____

Add 1 cup unsweetened plain almond milk and ¼ cup orange juice to blender. Then, add all the other ingredients. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

4-Ingredient Tropical Green Smoothie

RECIPE

- 1 – 1 ½ cups 100% pure coconut water
- 1 ½ cups frozen tropical fruit blend (pineapple, mango, strawberries, etc)
- 1 packed cup baby spinach
- ¼ cup raw cashews

1. Start by adding 1 cup coconut water to a high-powered blender. Then, add all the other ingredients.
2. Blend until smooth. You may need to stop and stir/shake the blender or add up to 1/2 cup more of coconut water, as needed, to make sure it gets smooth.

MAKE 4 SMOOTHIE PACKS

- 6 cups 100% pure coconut water
- 6 cups frozen tropical fruit blend (pineapple, mango, strawberries, etc)
- 4 packed cups baby spinach
- 1 cup raw cashews

Assemble

1. Layer ingredients into four small freezer bags in this order:
 - 1 ½ cups frozen tropical fruit blend
 - 1 packed cup baby spinach
 - ¼ cup raw cashews (sub: raw almonds or macadamia nuts)
2. Seal tightly, squeezing out the air, and freeze for up to 3 months.

4-Ingredient Tropical Green Smoothie

MADE ON: _____

Pour 1 cup coconut water into blender. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

4-Ingredient Tropical Green Smoothie

MADE ON: _____

Pour 1 cup coconut water into blender. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

4-Ingredient Tropical Green Smoothie

MADE ON: _____

Pour 1 cup coconut water into blender. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

4-Ingredient Tropical Green Smoothie

MADE ON: _____

Pour 1 cup coconut water into blender. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

Blueberry Muffin Smoothie

RECIPE

- 1 – 1 ½ cups unsweetened plain almond milk
- ½ banana, sliced (preferably frozen for best texture)
- 1 cup frozen blueberries
- 2 tablespoons old-fashioned rolled oats
- 2 tablespoons chopped raw walnuts (sub: chopped raw pecans or almonds)

1. Start by adding 1 cup almond milk into a high-powered blender. Then, add all the other ingredients.
2. Blend until smooth. You may need to stop and stir/shake the blender or add up to a 1/2 cup more of almond milk, as needed, to make sure it gets smooth.

MAKE 4 SMOOTHIE PACKS

- 6 cups unsweetened plain almond milk
- 2 bananas
- 4 cups frozen blueberries
- ½ cup old-fashioned rolled oats
- ½ cup chopped raw walnuts

Assemble

1. Layer ingredients into four small freezer bags in this order:
 - ½ banana, sliced
 - 1 cup fresh or frozen blueberries
 - 2 tablespoons old-fashioned rolled oats
 - 2 tablespoons chopped raw walnuts
2. Seal tightly, squeezing out the air, and freeze for up to 3 months.

Blueberry Muffin Smoothie

MADE ON: _____

Pour 1 cup unsweetened plain almond milk into blender first. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

Blueberry Muffin Smoothie

MADE ON: _____

Pour 1 cup unsweetened plain almond milk into blender first. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

Blueberry Muffin Smoothie

MADE ON: _____

Pour 1 cup unsweetened plain almond milk into blender first. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

Blueberry Muffin Smoothie

MADE ON: _____

Pour 1 cup unsweetened plain almond milk into blender first. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

Chocolate Covered Cherry Smoothie

RECIPE

- 1 – 1 ½ cups unsweetened plain almond milk
 - ½ banana, sliced (preferably frozen)
 - 1 cup frozen sweet dark cherries (NOT red tart cherries)
 - 1 cup baby spinach
 - 2 tablespoons almond butter
 - 1 tablespoon 100% cocoa powder or cacao powder
 - dollop of honey (optional)
1. Start by adding 1 cup almond milk to a high-powered blender. Then, add all the other ingredients.
 2. Blend until smooth. You may need to stop and stir/shake the blender or add up to 1/2 cup more of almond milk, as needed, to make sure it gets smooth.
 3. Taste and add a dollop of honey, if preferred.

MAKE 4 SMOOTHIE PACKS

- 6 cups plain unsweetened almond milk
- 2 bananas
- 4 cups frozen sweet dark cherries
- 4 cups baby spinach
- ½ cup almond butter
- ¼ cup 100% cocoa powder or cacao powder
- honey (optional)

Assemble

1. Layer ingredients into four small freezer bags in this order:
 - ½ banana, sliced
 - 1 cup frozen dark sweet cherries
 - 2 tablespoons almond butter
 - 1 cup baby spinach
 - 1 tablespoon cocoa powder
2. Seal tightly, squeezing out the air, and freeze for up to 3 months.

Chocolate Covered Cherry Smoothie

MADE ON: _____

Pour 1 cup unsweetened plain almond milk into blender. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

Chocolate Covered Cherry Smoothie

MADE ON: _____

Pour 1 cup unsweetened plain almond milk into blender. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

Chocolate Covered Cherry Smoothie

MADE ON: _____

Pour 1 cup unsweetened plain almond milk into blender. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

Chocolate Covered Cherry Smoothie

MADE ON: _____

Pour 1 cup unsweetened plain almond milk into blender. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

Orangesicle Smoothie

RECIPE

- ½ – 1 cup unsweetened plain almond milk
- ½ cup orange juice
- ¼ cup vanilla Greek yogurt
- ½ cup peeled, diced sweet potatoes*
- ½ banana, sliced*
- 1 large clementine, in segments (sub: ½ an orange)*
- ½ cup sliced carrots*

**The smoothie texture is best if these ingredients are frozen beforehand in a freezer smoothie pack. If you don't have time to freeze them, then add a 1/2 cup of crushed ice or more to achieve desired consistency.*

1. Start by adding 1/2 cup almond milk and 1/2 cup orange juice to a high-powered blender. Then, add all the other ingredients.
2. Blend until smooth. You may need to stop and stir/shake the blender or add up to 1/2 cup more of almond milk, as needed, to make sure it gets smooth.

MAKE 4 SMOOTHIE PACKS

- 4 cups unsweetened plain almond milk
- 2 cups orange juice
- 1 cup vanilla greek yogurt
- 2 cups peeled, diced sweet potatoes (approx. 2 sweet potatoes)
- 2 bananas
- 4 large clementines
- 2 cups sliced carrots (approx. 3 large carrots)

Assemble

1. Layer ingredients into four small freezer bags in this order:
 - ½ cup peeled, diced sweet potatoes
 - ½ banana, sliced
 - 1 large clementine, in segments (sub: ½ an orange)
 - ½ cup sliced carrots
2. Seal tightly, squeezing out the air, and freeze for up to 3 months.

Orangesicle Smoothie

MADE ON: _____

Start by adding 1/2 cup unsweetened plain almond milk, 1/2 cup orange juice, and vanilla Greek yogurt into a blender. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

Orangesicle Smoothie

MADE ON: _____

Start by adding 1/2 cup unsweetened plain almond milk, 1/2 cup orange juice, and vanilla Greek yogurt into a blender. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

Orangesicle Smoothie

MADE ON: _____

Start by adding 1/2 cup unsweetened plain almond milk, 1/2 cup orange juice, and vanilla Greek yogurt into a blender. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

Orangesicle Smoothie

MADE ON: _____

Start by adding 1/2 cup unsweetened plain almond milk, 1/2 cup orange juice, and vanilla Greek yogurt into a blender. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

Strawberry Pina Colada Smoothie

RECIPE

- 1 – 1 ½ cups unsweetened coconut milk (recommended: full-fat version in the can; or substitute coconut water or your favorite milk)
- ½ banana
- ½ cup frozen strawberries
- ½ cup frozen pineapple chunks
- 2 tablespoons sliced or slivered raw almonds
- 1 tablespoon unsweetened shredded coconut (optional)

1. Start by adding 1 cup coconut milk to a high-powered blender. Then, add all the other ingredients.
2. Blend until smooth. You may need to stop and stir/shake the blender or add up to 1/2 cup more of coconut milk, as needed, to make sure it gets smooth.

MAKE 4 SMOOTHIE PACKS

- 6 cups unsweetened coconut milk (recommended: full-fat version in the can; or substitute coconut water or your favorite milk)
- 2 bananas
- 2 cups frozen strawberries
- 2 cups frozen pineapple chunks
- ½ cup sliced or slivered raw almonds
- ¼ cup unsweetened shredded coconut (optional)

Assemble

1. Layer ingredients into four small freezer bags in this order:
 - ½ banana, in slices or chunks
 - ½ cup whole strawberries
 - ½ cup pineapple chunks
 - 2 tablespoons sliced or slivered raw almonds
 - 1 tablespoon unsweetened shredded coconut (optional)
2. Seal tightly, squeezing out the air, and freeze for up to 3 months.

Strawberry Pina Colada Smoothie

MADE ON: _____

Add 1 cup unsweetened coconut milk into blender. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

Strawberry Pina Colada Smoothie

MADE ON: _____

Add 1 cup unsweetened coconut milk into blender. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

Strawberry Pina Colada Smoothie

MADE ON: _____

Add 1 cup unsweetened coconut milk into blender. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

Strawberry Pina Colada Smoothie

MADE ON: _____

Add 1 cup unsweetened coconut milk into blender. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

Very Berry Smoothie

RECIPE

- 1 – 1 ¼ cup unsweetened plain almond milk
- ¼ cup vanilla Greek yogurt
- ½ banana, sliced
- 1 cup frozen mixed berries
- 1 packed cup baby spinach or chopped kale
- 1 tablespoon ground flaxseed
- 2 tablespoons raw pecan halves

1. Start by adding 1 cup almond milk and 1/4 vanilla Greek yogurt to a high-powered blender. Then, add all the other ingredients.
2. Blend until smooth. You may need to stop and stir/shake the blender or add up to 1/4 cup more almond milk, as needed, to make sure it gets smooth.

MAKE 4 SMOOTHIE PACKS

- 5 cups unsweetened plain almond milk
- 1 cup vanilla Greek yogurt
- 2 bananas
- 4 cups frozen mixed berries
- 4 packed cups baby spinach or chopped kale
- ¼ cup ground flaxseed
- ½ cup raw pecan halves

Assemble

1. Layer ingredients into four small freezer bags in this order:
 - ½ banana, sliced
 - 1 cup frozen mixed berries (strawberries, blueberries, blackberries, etc)
 - 1 cup spinach or kale, packed
 - 1 tablespoon ground flaxseed
 - 2 tablespoons raw pecan halves (sub: any other raw nut)
2. Seal tightly, squeezing out the air, and freeze for up to 3 months.

Very Berry Smoothie

MADE ON: _____

Add 1 cup unsweetened plain almond milk and 1/4 vanilla Greek yogurt to blender. Add all the other ingredients. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

Very Berry Smoothie

MADE ON: _____

Add 1 cup unsweetened plain almond milk and 1/4 vanilla Greek yogurt to blender. Add all the other ingredients. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

Very Berry Smoothie

MADE ON: _____

Add 1 cup unsweetened plain almond milk and 1/4 vanilla Greek yogurt to blender. Add all the other ingredients. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.

Very Berry Smoothie

MADE ON: _____

Add 1 cup unsweetened plain almond milk and 1/4 vanilla Greek yogurt to blender. Add all the other ingredients. Break up the ingredients in the bag by hitting it on the counter or crunching it with your hands. Dump the ingredients from the bag in and blend. Shake, stir, and/or add more liquid if necessary.