

# Five Keys Cares

## Smoothie Recipes



Enjoy these 10 recipes for a healthy and refreshing lifestyle!

# Green Power Boost

---



## Ingredients :

- 1 cup spinach
- 1 ripe banana
- 1 cup pineapple chunks
- 1/2 cup almond milk
- 1 tablespoon chia seeds
- Handful of ice

## How To Make :

Blend all thee ingredients together until smooth and enjoy this refreshing green smoothing packed with nutrients.

# Berry Blast

---



## Ingredients :

- 1 cup mixed berries (strawberries, blueberries, raspberries)
- 1 ripe banana
- 1 cup greek yogurt
- 1/2 cup of almond milk
- 1 tablespoon of honey
- handful of ice

## How To Make :

Blend all the ingredients until creamy and indulge in this antioxidant-rich and delicious berry smoothie.



# Tropical Paradise

---



## Ingredients :

- 1 cup mango chunks
- 1 cup pineapple chunks
- 1 ripe banana
- 1/2 cup coconut milk
- 1/2 cup orange juice
- 1 tablespoon shredded coconut
- Handful of ice

## How To Make :

Blend all the ingredients together for a taste of tropics in a glass.

# Peanut Butter Protein

---



## Ingredients :

- 2 tablespoons peanut butter
- 1 cup unsweetened almond milk
- 1 ripe banana
- 2 tablespoons vanilla protein powder
- 1 tablespoon honey
- Handful of ice

## How To Make :

Blend all the ingredients until well combined for a creamy and protein-packed smoothie.

# Energizing Matcha

---



## Ingredients :

- 1 tablespoon matcha powder
- 1 cup unsweetened almond milk
- 1 ripe banana
- 1 tablespoon almond butter
- 1 tablespoon honey
- Handful of ice

## How To Make :

Blend all the ingredients until smooth and experience a refreshing and energizing matcha-infused smoothie.

# Creamy Avocado Delight

---



## Ingredients :

- 1 ripe avocado
- 1 cup spinach
- 1 cup almond milk
- 1 tablespoon honey
- Juice of 1/2 lime
- Handful of ice

## How To Make :

Blend all the ingredients until creamy for a smoothie that's rich in healthy fats and vitamins.



# Citrus Refresher

---



## Ingredients :

- 1 orange (peeled and cmented)
- 1 cupe pineapple chunks
- 1/2 cup coconut water
- 1 tablespoon fresh mint leaves
- 1 tablespoon honey
- Handful of ice

## How To Make :

Blend all the ingredients together until well combined and enjoy a zesty and revitalizing citrus smoothie.



# Oatmeal Banana Power

---



## Ingredients :

- 1 ripe banana
- 1/2 cup rolled oats
- 1 cup almond milk
- 1 tablespoon almond butter
- 1 tablespoon honey
- 1/4 tablespoon cinnamon
- Handful of ice

## How To Make :

Blend all the ingredients until creamy for a satisfying and nourishing smoothie that's perfect for breakfast.

# Choco-Berry Indulgence

---



## Ingredients :

- 1 cup mixed berries (strawberries, raspberries)
- 1 tablespoon cacao powder
- 1 cup almond milk
- 1 tablespoon almond butter
- 1 tablespoon honey
- Handful of ice

## How To Make :

Blend all the ingredients until smooth and treat yourself to a decadent yet healthy and chocolate smoothie.

# Tropical Green Dream

---



## Ingredients :

- 1 cup spinach
- 1 ripe banana
- 1 cup mango chunks
- 1/2 cup coconut water
- 1/2 cup greek yogurt
- 1 tablespoon honey
- Handful of ice

## How To Make :

Blend all the ingredients together until creamy for a tropical twist on a green smoothie that's both nutritious and delicious.