

Valentine & Heart Healthy Smoothies

Sweet Beet Valentine's Smoothie



INGREDIENTS:

- 1/2 small raw beet, diced
- 1 cup frozen raspberries
- 1 cup frozen strawberries
- 2 cups unsweetened almond milk
- 1 tablespoon raw honey or raw agave nectar*
- 2 tablespoons shaved good-quality dark chocolate**
- 2 tablespoons unsweetened shredded coconut

INSTRUCTIONS:

Blend the beet, berries, almond milk, and optional sweetener until smooth. Divide into two glasses and garnish with the chocolate and coconut. Drink up!

*Note you can substitute 1 date for sweetener or omit if you want a less sweet smoothie.

**Try Lily's Chocolate Bars or Cholate chips which are only sweetened with stevia.

-nutritionistinthekitch.com

Raspberry & Lime Smoothie

Creamy and a little exotic, this raspberry smoothie is sweetened only with fruit. The twist of lime adds the perfect hint of acidity and brightness. A garnish of lime peel and frozen raspberries (a great textural addition) make this smoothie even more beautiful.

INGREDIENTS:

- 2 cups fresh frozen red raspberries
- 1 frozen banana, cut in bite-size pieces
- 1 (13.5 ounce) can coconut milk
- 1 lime, juiced

DIRECTIONS:

Combine all ingredients in a high-speed blender. Blend on high until smooth and serve immediately.



-Sheknows.com

Peanut Butter & Strawberry Smoothie



Like a peanut butter and jelly smoothie but with less sugar and the vibrancy of fresh-frozen fruit. The peanut butter's protein will help keep you full all morning. Feel free to use the milk of your choice (organic or raw cow, goat, almond, coconut, etc.) or even use almond butter instead of peanut butter.

INGREDIENTS:

- 2 cups fresh frozen strawberries
- 1-1/2 cups almond milk
- 2 tablespoons peanut butter
- 1 tablespoon honey

DIRECTIONS:

Combine all ingredients in a high-speed blender. Blend on high until smooth and serve immediately.

-Sheknows.com

Heart-Friendly Berry Smoothie

This green smoothie is packed full of heart healthy ingredients and can be used as a nutrient-dense meal replacement.

You'll get plenty of antioxidants, healthy fats, omega-3 fatty acids, fiber, as well as vitamins and minerals such as potassium and folate – all of which are known to be very important for cardiovascular health.

INGREDIENTS:

- 1 medium banana
- 1 orange
- 1 cup berries (can be just blueberries or a mixture of blueberries, strawberries and raspberries)
- 1/4 avocado (pitted)
- 2 cups fresh spinach
- 1 tbsp ground flax seed
- 1 cup water or almond milk



DIRECTIONS:

Add the water to your blender first, followed by the fruit and the greens.

-juicery.com

Avocado Apple Delight

This smoothie is full of ingredients that will boost your heart health, regulate your blood pressure and keep your arteries healthy.

INGREDIENTS:

1 apple (chopped)

- 1 avocado (chopped)
- 1 cup kale (chopped)
- 1 cup almond milk
- 2 heaped tbsp flaxseed
- Handful of ice (optional)



DIRECTIONS:

Throw everything together in your blender and blend until smooth and creamy.

Tip: if your blender can handle frozen ingredients, you can use frozen fruits and vegetables instead of the ice cubes, to get a similar effect but without the ice diluting the smoothie.

-juicery.com

Pineapple & Spinach Green Smoothie

INGREDIENTS:

- 2 cups lightly packed baby spinach
- 1/2 large apple, chunked
- handful raw almonds
- 1 cup frozen pineapple
- 3-4 ice cubes
- 1 cup unsweetened organic almond milk

Optional: Add 1 scoop Whey Pro or Vanilla Dream Protein

DIRECTIONS:

Load items into blender in the order listed above. Blend until smooth, pour into glasses and enjoy!

-Deborah



and