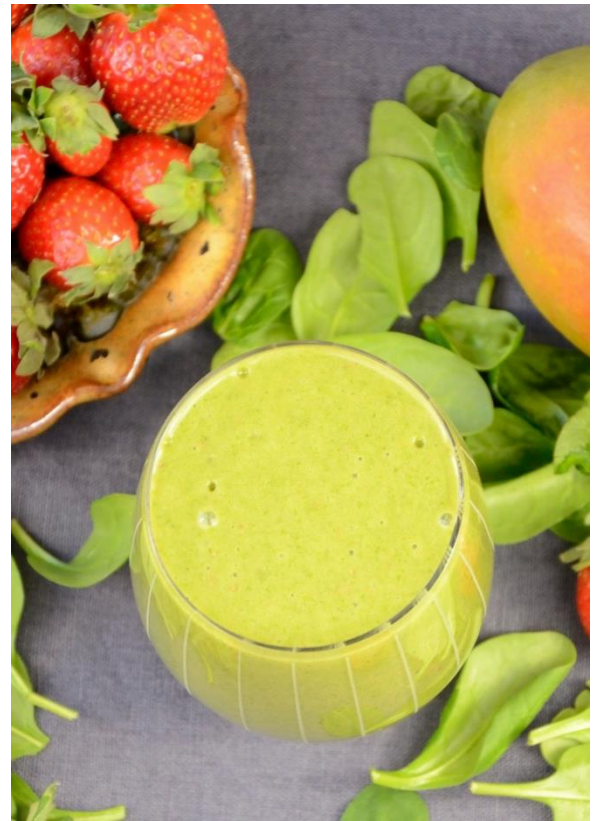


Strawberry Mango & Greens Smoothie

- 1 cup frozen strawberries
- 1 cup frozen mango slices
- 1 banana
- 1 cup spinach, packed
- 1 Tbs ground flax seed
- Unsweetened non-dairy milk of choice

Directions: Add all ingredients to a high-powered blender and blend until smooth, 30 seconds - 1 minute. Pour into a glass and enjoy. If not using frozen fruit, add a handful of ice before blending.



Classic Hummus

from: Fat Free Vegan (blog.fatfreevegan.com)

- 1½ cups or 1 can chickpeas
- ¼ to ½ cup water
- 2 cloves garlic
- 1 tablespoon tahini
- 2 tablespoons lemon juice
- ¼ teaspoon cumin
- ¼ teaspoon smoked paprika
- dash cayenne pepper
- salt to taste

Directions: Rinse and drain any canned beans, then combine everything in a food processor and blitz until smooth. Add one tablespoon of water at a time to the mixture to make a thinner consistency.

