

BANANA GINGER SMOOTHIE

Ease digestion, heartburn, nausea and other tummy troubles with the Fresh Ginger in this natural remedy smoothie recipe!

Ingredients:

- 1 banana, sliced
- $\frac{3}{4}$ c (6 oz) vanilla yogurt
- 1 Tbsp honey
- $\frac{1}{2}$ tsp freshly grated ginger



Directions:

1. Combine all the ingredients in a blender.
2. Blend until smooth.

Nutritional Information: (per serving)

157 cal, 1 g fat, 0.8 g sat fat, 57 mg sodium, 34 g carbs, 28 g sugars, 1.5 g fiber, 5 g protein

Servings: 2

Source: www.prevention.com

Green Tea, Blueberry & Banana Smoothie

The antioxidant-rich green tea makes this smoothie nutritious & delicious!

Ingredients:

- 3 Tbsp water
- 1 green tea bag
- 2 tsp honey
- $1\frac{1}{2}$ c frozen blueberries
- $\frac{1}{2}$ med banana
- $\frac{3}{4}$ c calcium fortified light vanilla soy milk



Directions:

1. Heat water on high until it steams, pour in a small bowl.
2. Add tea bag and allow to brew 3 minutes.
3. Remove tea bag & stir in honey until it dissolves.
4. Combine berries, banana, & milk in a blender (with ice crushing ability).
5. Add tea & blend ingredients on highest setting until smooth.
(Some blenders may require additional water to process the mixture.)

Nutritional Information: (per serving) (per serving) 269 calories, 2.5 g fat, 0.2 g sat fat, 52 mg sodium, 63 g carbs, 38.5 g sugars, 8 g fiber, 3.5 g protein

Servings: 1

Source: www.prevention.com

Strawberry-Kiwi Smoothie

This high-fiber drink helps you stay fuller longer & fight off disease to keep you stronger! Make it even healthier by using organic kiwis, which contain higher levels of heart-healthy polyphenols and vitamin C.

Ingredients

- 1¼ c cold apple juice
- 1 ripe banana, sliced
- 1 kiwifruit, sliced
- 5 frozen strawberries
- 1½ tsp honey



Directions:

1. Combine all the ingredients in a blender.
2. Blend until smooth.

Nutritional Information: (per serving) 87 cal, 0.3 g fat, 0 g sat fat, 3.5 mg sodium, 22 g carbs, 16.5 g sugars, 1.5 g fiber, 0.5 g protein

Servings: 4

Source: www.prevention.com

Berry Good Workout Smoothie

Get your pre-workout energy from this easy-to-make drink!

Ingredients

- 1½ c chopped strawberries
- 1 c blueberries
- ½ c raspberries
- 2 Tbsp honey
- 1 tsp fresh lemon juice
- ½ c ice cubes



Directions:

1. Combine all the ingredients in a blender.
2. Blend until smooth.

Nutritional Information: (per serving) 162.5 cal, 1 g fat, 0.1 g sat fat, 5 mg sodium, 41.5 g carbs, 32 g sugars, 6 g fiber, 2 g protein

Servings: 4

Source: www.prevention.com