

5 Freezer Smoothie Pack Recipes

Servings 5 Smoothie Bags

Ingredients

Very Berry Smoothie

- 1 cup blueberries
- 1 cup strawberries
- 1 banana sliced
- 1 cup apple juice sweeter version

Mango, Strawberry, & Banana Smoothie

- 1 cup mango
- 1 cup strawberries
- 1 banana sliced
- 1/2 cup water
- 1/2 cup plain whole milk yogurt

Berry Grape Smoothie

- 1 cup blueberries
- 1 cup strawberries
- 1/2 cup grapes
- 1/2 cup water
- 1/2 cup plain whole milk yogurt

Tropical Bliss Smoothie

- 1 cup pineapple
- 1 cup mango
- 1 banana sliced
- 1 cup orange juice

Sweet & Sour Berry Smoothie

- 2 kiwis peeled and halved
- 1 1/2 cups strawberries
- 1/2 cup peaches
- 1/2 cup orange juice
- 1/2 cup plain whole milk yogurt

Build your own smoothie pack recipe:

2 cups fruit, 1 sliced banana, 1 cup greens (optional).

Add 1 cup of liquid (water, coconut water, juice, milk) to the blender, then add frozen smoothie pack contents.

Instructions

In labeled ziplock bags, combine the ingredients for each smoothie except the liquid. Keep bags in the freezer.

To use a freezer pack, add 1 cup liquid to the base of the blender followed by smoothie pack contents and any extras such as chia seeds or coconut manna. Blend until smooth.

Note: Add 1 cup of greens to any smoothie pack before freezing for added nutrients.

If you're using frozen fruit to build smoothie packs, work fast. Defrosted fruit will stick together once frozen resulting in a giant ice block.

Boost your smoothie's nutrition by adding chia or flax seeds. Adding coconut manna or half a avocado will produce a creamier smoothie.

Freeze yogurt in ice cube trays. Add the yogurt ice cubes to smoothie packs. Or add fresh yogurt to the blender after adding a liquid, followed by the smoothie pack contents.

