

Drink Your Fruits & Veggies: 10 Easy, Fun, and Yummy Recipes

Drinking your fruits and vegetables is a great way to get your daily dose of nutrients. Juicing is a popular way to do this, but it can be expensive and time-consuming. A great alternative is to blend your fruits and vegetables into smoothies. Smoothies are quick and easy to make, and they are a great way to get your fruits and veggies in a fun and tasty way.



Drink Your Fruits & Veggies: 10 Easy, Fun & Yummy Recipes by Andrea McKenzie Raine

★★★★★ 5 out of 5

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Here are 10 easy and delicious smoothie recipes that will make you want to drink your fruits and vegetables every day:

1. Green Machine Smoothie

This smoothie is packed with nutrients, and it is a great way to start your day. It is made with spinach, kale, banana, apple, and almond milk.



Ingredients:

- 1 cup spinach
- 1 cup kale
- 1 banana
- 1 apple

- 1 cup almond milk

Instructions:

1. Add all of the ingredients to a blender and blend until smooth.
2. Enjoy!

2. Tropical Paradise Smoothie

This smoothie is a taste of paradise. It is made with mango, pineapple, banana, and coconut milk.



Ingredients:

- 1 cup mango
- 1 cup pineapple
- 1 banana
- 1 cup coconut milk

Instructions:

1. Add all of the ingredients to a blender and blend until smooth.
2. Enjoy!

3. Berry Blast Smoothie

This smoothie is a berry lover's dream. It is made with strawberries, blueberries, raspberries, and banana.



Ingredients:

- 1 cup strawberries
- 1 cup blueberries
- 1 cup raspberries
- 1 banana

Instructions:

1. Add all of the ingredients to a blender and blend until smooth.
2. Enjoy!

4. Chocolate Peanut Butter Smoothie

This smoothie is a chocolate lover's dream. It is made with chocolate, peanut butter, banana, and milk.



Ingredients:

- 1 cup chocolate
- 1 cup peanut butter
- 1 banana
- 1 cup milk

Instructions:

1. Add all of the ingredients to a blender and blend until smooth.
2. Enjoy!

5. Green Detox Smoothie

This smoothie is a great way to detox your body. It is made with spinach, kale, cucumber, celery, and lemon.



Ingredients:

- 1 cup spinach
- 1 cup kale
- 1 cucumber
- 1 celery stalk
- 1 lemon

Instructions:

1. Add all of the ingredients to a blender and blend until smooth.
2. Enjoy!

6. Immunity Booster Smoothie

This smoothie is a great way to boost your immune system. It is made with orange, lemon, ginger, and honey.



Ingredients:

- 1 orange
- 1 lemon
- 1 ginger root
- 1 honey

Instructions:

1. Add all of the ingredients to a blender and blend until smooth.
2. Enjoy!

7. Energizing Smoothie

This smoothie is a great way to energize your body. It is made with banana, peanut butter, spinach, and almond milk.



Ingredients:

- 1 banana
- 1 cup peanut butter
- 1 cup spinach
- 1 cup almond milk

Instructions:

1. Add all of the ingredients to a blender and blend until smooth.
2. Enjoy!

8. Anti-Inflammatory Smoothie

This smoothie is a great way to reduce inflammation in your body. It is made with blueberries, strawberries, raspberries, and almond milk.



Ingredients:

- 1 cup blueberries
- 1 cup strawberries
- 1 cup raspberries
- 1 cup almond milk

Instructions:

1. Add all of the ingredients to a blender and blend until smooth.
2. Enjoy!

9.



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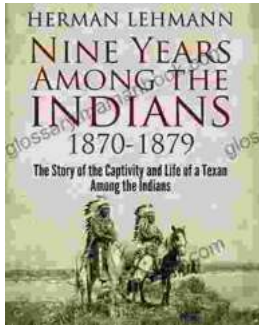
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