

HEALTH QUEST 365

HEALTHY SMOOTHIE RECIPES





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Healthy smoothies can help you get your daily dose of fruits and vegetables. They're easy to make, nutritious, and delicious. You can also customize them depending on your tastes. You can choose whatever ingredients you like, and you're good!

The Health Quest 365 Checklist On Healthy Smoothie Recipes

You can use our recipe guide below to make your favorite smoothie blend. You can also choose additional ingredients from the last box to customize your drink.



Healthy Smoothie Recipes

Green Smoothie

- 1 cup spinach
- 1 cup kale
- 1/2 cucumber
- 1 avocado
- 1 lemon, juice
- 1 cup almond or coconut milk

Berry Smoothie

- 1 cup strawberries
- 1 cup blueberries
- 1 cup raspberries
- 1 banana
- 1 cup almond milk
- 2 tablespoons chia seeds

Tropical Smoothie

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

Protein Smoothie

- 1 cup Greek yogurt
- 2 bananas
- 1 cup almond or coconut milk
- 1 scoop protein powder (optional)

Detox Smoothie

- 1 cup kale
- 1 cup spinach
- 1/2 cucumber
- 1 lemon, juiced
- 1 cup almond milk

Additional Ingredients

- Flaxseed
- Chia seeds
- Almond butter
- Nut butter
- Peanut butter
- Coconut water
- Ginger
- Collagen powder



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