

## Smoothie Recipes

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### ***The Hulk***

***Yields: 4-5, 12oz smoothies***

Ingredients:

- 10 oz. plain Zico Coconut water **or** regular water
- 10 oz. 100% Fruit Juice of choosing
- 1 Medium frozen Banana
- 2 cups Frozen Mangos
- 2 large handfuls Spinach (add as much as you want)
- 1 Avocado
- 1 cup of plain non-fat plain Greek yogurt (Chobani, Oikos, Fage brands)

Directions:

1. **LOAD** the blender with the ingredients in the order as they are presented above

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### ***Mixed-Berry Smoothie***

***Yields: 4-5, 12oz smoothies***

Ingredients:

- 10 oz. plain Zico Coconut water **or** regular water
- 10 oz. 100% Fruit Juice
- 1 medium frozen Banana
- 2 cups of frozen Mixed-Berries
- 2 large handfuls of Spinach (add as much as you want)
- 1 Avocado
- 1 cup non-fat plain Greek yogurt

Directions:

1. **LOAD** the blender with the ingredients in the order as they are presented above