**GO GREEN SMOOTHIE**

**Ingredients:**

* 1 cup milk (dairy or nondairy)
* 1/2 banana
* 1/2 cup of berries (your choice: strawberries, blueberries, raspberries, blackberries)
* 1/2 avocado
* 1 cup fresh spinach
* 1 tbsp, chia seeds

**Directions:**

* Place all ingredients into blender and blend for approximately 1 minute or until all the ingredients are combined and smooth.
* Serve immediately!
* Note; *You can also freeze your banana, berries, and avocado if you want your smoothie to be thicker like a milk shake.*

**TROPICAL SMOOTHIE**

**Ingredients:**

* 1 cup milk (try coconut milk)
* 1/2 banana
* 1/2 cup frozen mango chunks
* 1/2 cup frozen pineapple

**Directions:**

* Place all ingredients into blender and blend for approximately 1 minute or until all the ingredients are combined and smooth.
* Serve immediately!
* Note; If you do not have a blender, you can use a food processor, immersion blender, or even a bowl and potato masher.