

Joy of Living Cooking School July 2021 Smoothies

Green Smoothie (1 Serving)

- 2 cups Fresh Greens
- 1 Banana, frozen
- 1 cup Fresh Fruit (apple, peaches, pears, berries, etc.)
- 1/4 Avocado
- 1 tablespoon Flax Seed, ground
- 1 cup Nut Milk, unsweetened
- 1 Medjool Date, pitted (optional)



Combine all ingredients except the date to a blender. Blend on high until all The ingredients are combined and smooth. Add the date if needed to increase the sweetness to your liking. If the smoothie is too thin, add a little more avocado. If too thick, add more nut milk or water.

Serve immediately.

Nutrition Facts

Amount per serving	
Calories	454
	% Daily Value*
Total Fat 15.5g	20%
Saturated Fat 2.5g	13%
Cholesterol 0mg	0%
Sodium 196mg	9%
Total Carbohydrate 79.5g	29%
Dietary Fiber 15.6g	56%
Total Sugars 48.7g	
Protein 7.1g	
Vitamin D 100mcg	500%
Calcium 74mg	6%
Iron 5mg	30%
Potassium 1296mg	28%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calories a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**

Ginger-Turmeric Smoothie (1 Serving)

- 1/2 cup Frozen Pineapple Chunks
- 3/4 cup Frozen Mango Chunks
- 1 teaspoon Fresh Ginger, peeled & grated
- 2 teaspoons Fresh Turmeric, peeled & grated
- 1 tablespoon Flax Seed, ground
- 1/2 cup Silken Tofu
- 1 cup Soy Milk, unflavored & unsweetened



Combine all ingredients in a blender, reserving half the soy milk. Blend on high until well combined and all fruit is broken down. Add remaining liquid as needed to achieve the desired consistency.

Serve immediately.

Nutrition Facts

Amount per serving	
Calories	450
	% Daily Value*
Total Fat 12.3g	16%
Saturated Fat 1.7g	8%
Cholesterol 0mg	0%
Sodium 191mg	8%
Total Carbohydrate 60.3g	22%
Dietary Fiber 9g	32%
Total Sugars 40.5g	
Protein 23.2g	
Vitamin D 0mcg	0%
Calcium 727mg	56%
Iron 8mg	44%
Potassium 957mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calories a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**