

Easy Quick Green Smoothie Recipes

Mango Mixer

- 2 cups water
- 2 mangos
- 1 cup spinach

Banana Basic

- 1 cup water
- 2 bananas
- 1 cup kale

Strawberry Soul

- 1 cup water
- 1 cup strawberries
- 1 banana
- 1 cup romaine lettuce

Pear Promise

- 2 cups water
- 2 pears
- 1 banana
- 1 cup spinach

Tropical

- 2 cups water
- 1 cup pineapple
- 1 banana
- 1 cup spinach

Exotic

- 2 cups water
- 1 mango
- 1 cup pineapple
- 1 cup mixed baby leaves

Frugal

- 1 cup water
- 2 apples
- 1 banana
- ½ cucumber

Sweetness Start

- 2 cups water
- 1 cup strawberries
- 1 mango
- 1 cup spinach

Peachy Pail

- 1 cup water
- 3 peaches
- 1 banana
- 2 celery stalks

Blueberry Bliss

- 2 cups water
- 1 cup blueberries
- 1 banana
- 1 cup spinach

Berry Best

- 2 cups water
- 1 cup mixed berries
- 1 mango
- 1 cup spinach

Raspberry Ripple

- 2 cups water
- 1 cup raspberries
- 1 banana
- 1 cup bok choy/ pak choy

Citrus Cooler

- 1 cup water
- 1 cup pineapple
- 1 orange
- 1 cup spinach

Amazing Apricot

- 2 cups water
- 1 cup apricots
- 1 banana
- 1 cup romaine lettuce

Crazy Coconut

- 1 cup water
- 1 pineapple
- ½ cup coconut
- 1 cup spinach