

## **Pineapple + Peach Smoothie**

- 1 cup almond milk
- 1 cup frozen peaches
- ½ cup canned peaches (undrained)
- 1 cup pineapple chunks (undrained)
- 1/8 cup honey

### **INSTRUCTIONS**

1. Blend all ingredients in a blender.
2. Keep in the fridge overnight or freeze until you need a quick breakfast on the go.

## **Pineapple + Peach + Greens Smoothie**

- 1 cup almond milk
- 1 cup frozen peaches
- ½ cup canned peaches (undrained)
- 1 cup pineapple chunks (undrained)
- 1 handful spinach
- 1/8 cup honey

### **INSTRUCTIONS**

1. Blend all ingredients in a blender.
2. Keep in the fridge overnight or freeze until you need a quick breakfast on the go.

## **Apple + Peach + Citrus + Basil + Mint Smoothie**

- 1 cup frozen peaches
- 2 cups canned peaches (undrained)
- 1 cup applesauce
- 1 cup apple juice
- 1/8 cup each lemon and lime juice
- ¼ tsp. vanilla
- 4 leaves fresh basil
- 4 leaves fresh mint

### **INSTRUCTIONS**

1. Blend all ingredients in a blender.
2. Keep in the fridge overnight or freeze until you need a quick breakfast on the go.