

Simple Summer Smoothies

To make one smoothie mix these up using a stick or regular blender a smoothie blender:

3/4 to 1 cup of liquid: coconut water, almond milk, hemp milk, or orange juice
1/2 cup each of two fruits: berries, mangos, cherries or peaches (preferably frozen)
1/2 banana

That's it.

Unless you want to get just a little creative. Then just add some of these:

Yogurt
Hemp protein
Flax
Cocoa powder
Kale
Ice cubes