

MAKE-AHEAD FREEZER SMOOTHIE PACKS

SERVINGS: 2 | PREP TIME: 15 MINS | COOK TIME: 5 MINS

- Place your favorite smoothie fruits into separate bowls for easy assembly.
- Spoon your fruit choices for each smoothie into individual zip top bags and seal. Optional: Add a handful of baby spinach leaves to each pack for some extra greens. Other great add-ins are chia seeds, kale, nuts, peanut butter and other nut butters.
- Write down the flavor for each smoothie and any special instructions on a label and stick to outside of the appropriate zip top bag (or write directly on bag prior to adding ingredients).
- Place all smoothie packs in freezer. Now your smoothies are prepped and on-hand for a quick & easy breakfast!
- When ready to enjoy, simply place contents from smoothie pack into a high-powered blender. Add juice and yogurt. Blend until well combined and serve.

STRAWBERRY PEACH SMOOTHIE PACK

- 1 cup fresh or frozen strawberries
- 3-4 slices fresh or frozen peaches
- 1 large banana, peeled
- 1 cup orange juice
- 1 cup vanilla yogurt

BUMBLEBERRY BANANA SMOOTHIE PACK

- 1/2 cup fresh or frozen blueberries
- 1/2 cup fresh or frozen raspberries
- 1/2 cup fresh or frozen strawberries
- 1 large banana, peeled
- 1 cup loosely packed spinach leaves
- 1 cup orange juice
- 1 cup vanilla yogurt

BLUEBERRY PEACH SMOOTHIE PACK

- 1 cup fresh or frozen blueberries
- 3-4 slices fresh or frozen peaches
- 1 cup loosely packed baby spinach leaves
- 1 cup orange juice
- 1 cup vanilla yogurt