



Schell Café Favorite Smoothies

The Green Monster

1 cup Almond Coconut Milk Blend (Blue Diamond)
2 cups spinach
2 tbs flax seed
1 tbs virgin coconut oil
1 tbs almond butter
1 banana, frozen

Green Goodness It's Good!

2 medium oranges, peeled and quartered
8-10 frozen strawberries
1 banana, peeled
1 small apple, cored and quartered
2 cups spinach
2 cups ice cubes

One-A-Day Yogurt Smoothie

1 cup orange juice
1 cup Stonyfield French Vanilla Yogurt
10-12 frozen strawberries