

Recipe Corner: Chef Rob's Healthy Smoothies

Pineapple Kiwi and Mint Smoothie

Prep Time: 15 m | Total Time: 15 m

INGREDIENTS

- 1 cup fresh pineapple
- 1 each peeled fresh kiwi
- 1/4 cup fresh mint leaves (remove thick stems)
- 1/2 cup vanilla yogurt
- 3 tbsp honey
- 1 cup of ice

DIRECTIONS

1. Put fruit in first, then mint, then remaining ingredients.
2. Combine all ingredients in blender, blending on high until smooth.

**Serves 2*



Strawberry and Spinach Smoothie

Prep Time: 15 m | Total Time: 15 m

INGREDIENTS

- 1 cup whole fresh or frozen strawberries
- 1 cup fresh spinach, cleaned
- 1 cup of ice
- 1/2 cup vanilla yogurt
- 1 tbsp honey

DIRECTIONS

1. Put fruit in first, then mint, then remaining ingredients.
2. Combine all ingredients in blender, blending on high until smooth.

**Serves 2*



Recipe Corner: Chef Rob's Healthy Smoothies

Blueberry and Kale Smoothie

Prep Time: 15 m | Total Time: 15 m

INGREDIENTS

- 1 cup whole fresh or frozen blueberries
- 1 cup fresh kale leaves (remove thick stems)
- 1/2 cup vanilla yogurt
- 3 tbsp honey
- 1 cup of ice

DIRECTIONS

1. Put fruit in first, then mint, then remaining ingredients.
2. Combine all ingredients in blender, blending on high until smooth.

**Serves 2*

