



## **Smoothies How-To**

*Recipes by David Winking*

They key to a good smoothie is the order you add the ingredients to the blender.

For example, for the **Berry Easy Smoothie** you want to first add the almond milk, followed by the greens and 3 ice cubes. Sometimes I will add a dash more milk over the greens to insure a good blend. Once you have blended that, add the apples followed by both the raspberries and blueberries and your last 3 ice cubes. The ice cubes will push your mixture down toward the blades of the blender while also providing a rich, cold taste that will make for a delicious drink. Once you have an even consistency, stop blending and enjoy! These recipes are designed to yield about 2 and ½ cups of smoothie: so enjoy one right and away and save the other for later!

### **Viscous Citrus Smoothie**

- 2 Cups Almond Milk
- 2 Cups Fresh Baby Spinach
- 1 Navel Orange
- 1 Blood Orange
- 3-4 Kumquats
- 1 Granny Smith Apple
- 6 Ice Cubes

### **Green, Green, Green Smoothie:**

- 2 Cups Almond Milk
- 2 Cups Fresh Baby Spinach
- 1 Cup Arugula
- 2 Granny Smith Apples
- 1 Banana
- 6 Ice Cubes

### **Berry Easy Smoothie:**

- 2 Cups Almond Milk
- 2 Cups Fresh Baby Spinach
- ¾ Cup Raspberries
- ¾ Cup Blueberries
- 2 Granny Smith Apples
- 6 Ice Cubes