

# My 5 Favorite Smoothie Recipes

Cara's Cucina

[caradifalco.com](http://caradifalco.com)

## 1. Peanut Butter Cup

3-5 ice cubes  
1 C. milk of choice  
1 banana  
1 tsp. vanilla  
2 Tbs. cocoa powder  
2 Tbs. peanut butter

## 2. Banana Bread

3-5 ice cubes  
1 C. milk of choice  
1 banana  
1/4 C. walnuts  
1/4 C. rolled oats  
1 tsp. vanilla

## 3. Purple Haze

1/4 C. frozen blueberries  
1 C. packed baby spinach  
2 Tbs. chia seeds  
1 banana  
1 tsp. vanilla  
1 C. milk of choice

## 4. Green Goddess

1/3 C. frozen mango  
1/3 C. frozen pineapple  
2 celery stalks  
1 C. packed baby kale  
1 C. water

## 5. Strawberry Banana Bliss

1/3 C. frozen strawberries  
1 banana  
1 C. milk of choice  
1/4 C. rolled oats  
1 tsp. vanilla

For more tips, tricks and recipes - head to [caradifalco.com](http://caradifalco.com)!

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