Smoothie Recipes from Blue Zones

<https://www.bluezones.com/recipes/>

**Green Smoothie**

*Green smoothies continue to dominate in popularity as a healthy breakfast choice. Getting in your greens at breakfast ensures you’re starting the day off with a boost of nutrients and energy that will get you through the morning. The best of the best longevity foods are leafy greens such as spinach, kale, beet and turnip tops, chard, and collards. If you’re feeling adventurous swap out the spinach for a different variety of leafy greens. This simple, delicious smoothie has a creamy texture from the avocado and a tropical zing from the pineapple.*

INGREDIENTS

* 2 cups spinach
* 3 cups unsweetened almond milk
* 1 cup frozen mango chunks
* 1 cup pineapple, cubed
* 1/2 avocado

DIRECTIONS

1. Combine all ingredients in a blender. Blend until smooth.

Yield: Serves 3

Per serving: calories 164, fat 6g, sodium 145mg, fiber 5g, protein 2g

Source: Jen Heringhausen, Hy-Vee dietitian and chef

**Mint Chip Dessert Smoothie**

*If you loved mint chip ice cream as a kid, then you are going to freak out over this nutrient-dense but scrumptious dessert. Who knew that a smoothie thick enough to be soft serve ice cream that is made with greens from spinach & avocados could remind us of one of our favorite childhood treats.*

INGREDIENTS

* 6 ounces of unsweetened almond or coconut milk
* 4 cups spinach leaves
* 1 ripe avocado, pitted and peeled
* 4 pitted Medjool dates
* 1 teaspoon pure vanilla extract
* 8 sprigs of fresh mint leaves (or ½ teaspoon mint extract if fresh mint is not an option)
* 2 large frozen ripe bananas, cut into chunks (peel & slice prior to freezing)
* 2 tablespoons chocolate chips or cacao nibs

DIRECTIONS

1. Place plant-based milk and spinach in a high-speed blender and blend.
2. Next, add pitted dates and mint leaves and blend. Toss in the remaining ingredients (except chocolate chips or cacoa nibs) and blend until mixture is smooth, thick, and creamy. Add ice if necessary.
3. Use a spoon and mix in chocolate chips, then dish into small bowls.

Serves 4