**Vanilla Pumpkin Smoothie**

1/4 cup canned pumpkin • 1/2 cup frozen berries
1 tablespoon walnuts • 1/2 cup light vanilla soymilk or rice milk •
Ice (1-4 cubes for a thinner shake, 5-10 for a pudding-like consistency)

Place ingredients in blender in order listed. Top with grated cinnamon.
Serves 1.

**NutriCat’s Breakfast Smoothie**

6 ice cubes • 1/2 frozen banana • 3 kale leaves
2 pitted dates • 1 scoop plain hemp protein powder • 1 tbsp almonds

Combine all ingredients in blender with enough water to mix. Top with a few sprinkles of coconut.
Serves 1.

**Elvis’ favorite Smoothie**

1 frozen banana • 2 tsp. peanut butter
1/2 cup milk • 2 tsp. cocoa powder • 1/2 cup ice cubes

Place ingredients in blender in order listed. Puree until smooth.
Serves 1.

**Mango Lassi Smoothie**

1 cup chopped peeled mango • 1/3 cup peach sorbet
1/2 cup nonfat vanilla yogurt • 1/4 cup orange juice

Place ingredients in a blender in order listed. Pulse 3 times to chop the mango and then puree to desired consistency. Great as a dessert or afternoon treat! Serves 2.

**Green Goblin Smoothie**

3-4 leaves of kale or chard • 1 banana • 1 cup strawberries or other sweet berries
2 cups water • 1 tablespoon ground flax seeds

Add ingredients to blender in order listed. Puree until smooth. Serves 2.