1: Smooth Sailing (beverage)
Smoothies are perfect summer beverages full of flavors and nutritional benefits. Using frozen or fresh fruits, leafy greens, protein powder, spices, and your choice of milk or juice, smoothies are quick and simple to blend up. Either consumed as a refreshing breakfast or mid-afternoon pick-me-up, test out these smoothie recipes to satisfy your summer days!

Recipes:

Blueberry Breakfast Smoothie
Ingredients
- 2 cups of milk, or almond milk
- 1 cup fresh spinach
- 1 banana
- 1/2 cup frozen blueberries
- 2 tablespoons of unsweetened cocoa powder

Procedure
1. In a blender, combine the milk, spinach, banana, blueberries, and cocoa powder
2. Pulse for 30-45 seconds
3. Serve immediately and enjoy!

Tropical Storm
Ingredients
- 1 kiwi, peeled
- 1/2 lemon, peeled
- 4 cups of watermelon
- chia seeds
- sugar, to taste
- ice (optional)

Procedure
1. In a blender, combine the ingredients. Add pieces of ice if you are looking for a thicker consistency and colder beverage
2. Pulse until the fruit is blended and smooth; the end result will be a wonderful flavor combination of sweetness and mellow melon

**Tripple Berry**

**Ingredients**
- 1 banana
- 1 cup frozen strawberries
- 1 cup frozen blackberries, plus more for garnish (optional)
- 1 cup frozen raspberries
- 1 1/4 cup almond milk or regular milk
- 1/2 cup Greek yogurt

**Procedure**
- In a blender, combine all ingredients and blend until smooth.
- Divide between 2 cups and top with blackberries, or other fresh fruit — if desired.

**Cucumber Kale**

**Ingredients**
- 1 1/4 cups vegetable juice (such as V8)
- 1/2 peeled cucumber
- 3 kale leaves
- juice of 1/2 lemon

**Procedure**
1. Place all of the ingredients into a blender and pulse until combined
2. Serve and enjoy!