



# 40 Easy Smoothie Recipes for Every Day: From low-calorie recipes up to pure energy bombs

*Mattis Lundqvist*

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## **Recipes:**

Banana Smoothie  
Banana and Strawberry Smoothie  
Strawberry Shortcake Smoothie  
Triple Blended Berry Smoothie  
Orange Raspberry Smoothie  
Mango Peach Banana Smoothie  
Almond Honeydew Smoothie  
Cantaloupe Smoothie  
Apple and Carrots Smoothie  
Spa Cucumber Smoothie  
Cherry Vanilla Smoothie  
Grapefruit Smoothie  
Ginger Banana Smoothie  
Mango Shake  
Blue Raspberry Shake  
Mixed Berry Shake  
Buttermilk Strawberry Shake  
Mixed Berry Shake  
Cranberry Green Tea Shake  
The Energy Shake  
Yogurt and Fruit Shake  
Mango Blackberry Shake  
Strawberry Milk Shake  
Fruit Yogurt Shake  
Choco Cherry Smoothie  
Melon Mint Smoothie  
Zinger  
Ginger Honeydew Smoothie  
Guava Smoothie  
Cranberry Banana Smoothie  
Apricot Berries Smoothie  
Pear Blueberry Smoothie  
Celery Cucumber Smoothie  
Carrot Celery Ginger Smoothie  
Turmeric Pineapple Smoothie  
Cucumber Pineapple Grapefruit Smoothie  
Turmeric Pumpkin Smoothie  
Sweet Potato Ginger Smoothie  
Cucumber Ginger Smoothie  
Apple Peanut Butter Smoothie  
Chocolate Avocado Smoothie

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