Smoothies (Optional throw-ins for more protein: cashews, almonds, hemp seeds)

Banana Avocado Orange Smoothie Image by Smilingbodysmilingmind.com

- 1 avocado
- 1 banana
- 8 ounces unsweetened almond milk (homemade is best)
- 1 fruit, peeled (peach, plum, pear, etc)
- 2 cups ice (optional)

Apple-Berry Smoothie Recipe Image by Food.com

- 1 cup blueberries (frozen or fresh)
- 1 large apple, cored.
- 2 cups spinach or other leafy green.
- 10 medium strawberries or banana (fresh or frozen)
- 8 ounces unsweetened almond milk (homemade is best)

Alkaline Cleansing Smoothie by SmoothieAlchemy

- 1 Rib of Celery
- ¼ Field of Cucumber
- 1 hand full of Cilantro
- 1 hand full of Parsley
- 1 thumb sliced of Ginger
- ½ Lemon, peeled
- 1-2 Cups of Coconut Water (or Water)