**MONTGOMERY COUNTY PUBLIC SCHOOLS SMOOTHIE DEMO**

**Green Apple Ginger Smoothie**

**Serves 2-3**

(This smoothie is gorgeous and green! It’s made with baby spinach, but feel free to use baby kale instead)

* 1 cup cold unsweetened, unfiltered organic apple juice
* 1 6-8-ounce container Greek Vanilla Yogurt (non-dairy is OK)
* 2 good handfuls baby spinach leaves
* 1 tbsp chopped, peeled fresh ginger root
* 2 Granny Smith apples (preferably organic), cored and cut into chunks (don’t peel unless apples are not organic)

Have all ingredients cold (other than the ginger). Place all ingredients in a blender. Puree until desired consistency, about 30 seconds to 1 minute. Serve immediately.

**Cocoa Almond-Butter Smoothie with Maple and Cinnamon**

**Serves 1**

(This smoothie recipe can be made with either frozen or fresh bananas. In the summer, frozen bananas would make this a very cooling beverage. In the colder fall and winter months, fresh bananas, while still cooling, are less so than frozen bananas and may be a better choice for many people, especially when combined with a generous amount of warming cinnamon)

* ½ cup unsweetened almond milk
* 1 tbsp pure maple syrup
* 2 tbsp cocoa powder
* 1 large banana, sliced into 1-inch pieces
* 2 tbsp almond (or peanut) butter
* A generous sprinkling of cinnamon (about ½ tsp.)
* Unsweetened dried coconut (optional)

Blend all ingredients together in a blender until smooth. Pour into a glass; garnish with a sprinkling of coconut, if desired.

**Double-Mango Cardamom-Vanilla Smoothies**

**Serves 2**

(This great smoothie calls for mango puree and frozen mango. In winter, you may want to use frozen thawed, or fresh mango if available). If you can’t find mango puree, blend fresh or thawed mango until smooth. Cardamom is a unique wonderful spice. However, you can substitute with cinnamon)

* 1 cup coconut milk yogurt, vanilla or plain
* 1 cup mango puree or pulp (no added sugar)
* 1 cup fresh or frozen mango, cut into large chunks
* ½ tsp cardamom powder (or cinnamon, if preferred)
* 1 tsp vanilla extract
* Almond or coconut milk

Puree yogurt, mango puree, frozen mango cubes, ginger and vanilla in a blender, adding almond or coconut milk to desired consistency.