

# 5 Basic Breakfast Smoothies



Breakfast is the most important meal of the day, but the problem is that so many of us are pressed for time in the morning that it is the first thing we sacrifice. If you skip breakfast, research shows you are more likely to reach for something bad around 10am. Here are the top 5 breakfast smoothies you can make time to eat.

## 1. Energy Booster

At under 250 calories, this refreshing blend is the perfect way to start off your day, and it tastes great too!

- 1 tbsp cocoa powder
- 1 tbsp peanut butter
- 1/2 banana
- cinnamon
- 6 oz Greek yogurt

## 2. Power Smoothie

This smoothie is packed with healthy fruits and veggies like watermelon, which helps dilate blood vessels to promote blood flow. Also, it has coconut water which is one of the most hydrating liquids out there.

- 1 pints pineapple
- 1 pints watermelon
- 1 quarts coconut water
- spinach
- blueberries
- 1 green apples

### **3. Vitamin Booster**

If you feel like you are not getting enough vitamins from your diet, this foolproof smoothie packs a powerful antioxidant punch and helps you absorb nutrients from your diet.

- 1/2 cup papaya
- 1/4 cup kale
- 1/4 cup spinach
- 1/4 green apple
- 1/4 banana

### **4. Skin Clearing**

By tossing nutrient-rich fruits, vegetables and other goodies into your blender, you can ensure that you're eating beautifying foods that will nourish your skin from the inside, out.

- blueberries
- 1 green apples
- 1 medium ripe peach, sliced
- 1 tbsp chopped avocado
- 1/3 cup unsweetened frozen strawberries
- 1/2 cup fat-free plain yogurt
- 2 tbsp 100% pomegranate juice
- 1 tsp grapeseed oil
- 1 tsp pure vanilla extract

### **5. Vitamin C**

During cold and flu season, catching some sort of bug can seem almost unavoidable. Fill up on this vitamin C smoothie that will help you to boost your immunity and reclaim your health.

- 3 oranges
- 1/2 cantaloupe
- 1 cup strawberries
- 1 tomato