



Smoothie Week

2019

A recipe E-book containing of all the smoothie recipes from Simply Sissom's Smoothie Week 2019.

simplysissom.com

Simply Sissom

GLOW - GETTER GREEN SMOOTHIE



servings: 1 large smoothie
prep time: 5 mins.
cook time: 0 mins.

YOU NEED :

- 1/2 cup almond milk
- 2 large handfuls baby spinach
- 1 avocado, pitted and peeled
- 1 granny smith apple
- 1 medium banana (preferably frozen - not required)
- 2 tsp honey
- 1/4 tsp ground ginger
- 4-5 ice cubes

1 . Place all ingredients into the jar of a blender in the order listed. Blend until smooth. Enjoy.



Simply Sissom

GET UP AND GO COFFEE SMOOTHIE



servings: 1 smoothie
prep time: 5 mins.
cook time: 0 mins.

YOU NEED :

- 1/4 cup cashews
- 3 Tbs rolled oats
- 1 frozen banana cut into 1/2" chunks
- 1-2 Tbs honey
- 2 Tbs cold brew coffee concentrate
- 6 Tbs almond milk
- 1 Tbs unsweetened cocoa powder
- pinch of cinnamon
- pinch of salt

1. Add cashews and rolled oats to the blender jar. Blend until the consistency of sand.

2. Add the remaining ingredients to the blender jar (adding the frozen banana first) and blend until smooth. This may require 2-3 minutes of blending. Once smooth, pour and enjoy.

NOTES:

* This smoothie doesn't make a huge amount (scant 1 cup). If you plan to share.. definitely double the recipe!

* This smoothie is tough to blend. If you don't have a high-speed blender, I recommend soaking the cashews overnight and chopping the banana into smaller chunks than the recipe calls for before freezing.



Simply Sissom

STRAWBERRY - ORANGE DREAMSICLE SMOOTHIE



servings: 1 smoothie
prep time: 5 mins.
cook time: 0 mins.

YOU NEED :

- 1 banana, roughly chopped
- 1 cup frozen strawberries
- 1 cup plain yogurt
- 1/2 cup orange juice
- 1/4 tsp ground ginger
- 1 tsp honey

1. Add all ingredients to the blender and blend until smooth. Drink immediately or store in the refrigerator for up to 24 hours.





servings: 2 -smoothies
prep time: 5 mins.
cook time: 0 mins.

YOU NEED :

- 1/3 cup oats
- 1 cup ice
- 1 1/2 cups frozen blueberries
- 1 granny smith apple
- 1 cup plain yogurt
- 2-3 Tbs honey
- 1 tsp cinnamon
- 1 cup almond milk

1 . Add the rolled oats to the jar of a blender. Blend until the oats are the texture of fine sand. Add remaining ingredients to the blender jar. Blend until smooth and creamy. Enjoy or store in the refrigerator for up to 12 hours.





S M O O T H I E
e s s e n t i a l s

FAVORITE HIGH SPEED BLENDER:

Blendtec Total Blender Classic with Wildside Jar (refurbished)

NOTE: I am sure there are other FANTASTIC blenders on the market. This is the one that I use and love. I purchased refurbished because it saved me a LOT of money. The jar, blade and base all come sealed in packaging and are brand new. Only the inside is refurbished. There is also a warranty included.

CONTAINERS/FREEZER STORAGE:

Ball Wide Mouth Quart Glass Jars (Freezer Safe)

16 oz. Plastic Smoothie Cups with Flat Lids (great for to-go smoothies)

Insulated Kids Smoothie Cups

ACCESSORIES:

Jumbo Smoothie Straws (Assorted Colors)

Metal Smoothie Straws

Ball Sip N' Straw Lids (Wide Mouth) - These only work with Ball Widemouth Mason Jars



