TIME TO HAVE A

smoothie Sis

my top 3 favorite smoothie recipes



BY COURTNEY WASHINGTON

YUMMMM.....

1

PINK SUNRISE

2

BERRY BLESSED

3

SUNFLOWER BLOOM

1 PINK SUNRISE

a delicious strawberry and banana smoothie that is the perfect pink drink to start your morning





2 BERRY BLESSED

a berry blend that is the perfect power punch for your morning. berries are some on the BEST fruits to eat and have MANY benefits.

3 SUNFLOWER BLOOM

Pineapple, Mango, and Banana- all the yellow fruits that bring JOY. This smoothie is indeed SMOOTH.





PINK SUNRISE

- 1/4 Cup of Vanilla Yogurt
- 5-6 Fresh or Frozen Strawberries
- 1/2 Banana (Not Frozen)
- 1/2 Cup ofJuice (I use cranberry)
- Top it off with fresh fruit



BERRY BLESSED

- 1/4 Cup of Vanilla Yogurt
- 8 Oz. of Frozen Mixed Berries
- 1/2 Cup of Cranberry Juice
- Top it off fresh blueberries

SUNFLOWER BLOOM

- 1/4 Cup of Vanilla Yogurt
- 4 Oz. of Frozen Mango
- 4 Oz. of Frozen Pineapple
- 1/4 of Fresh Banana
- 1/4 Cup of Almond Milk



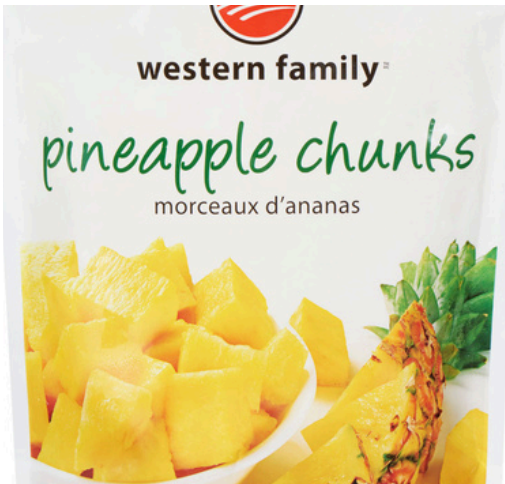
MY FAV FROZEN FRUIT BLENDS

smoothie Sis









arise.
DAUGHTERS



OOOH SIS...

Getting fruits in my system has been a total game changer. Let me be honest- I didn't used to like fruits, but I prayed and I invited the Holy Spirit into my eating habits as well!
Even fruits I had an aversion to... I asked Him to take it away and Thanks be to God, He did!
Get creative Sis, and start your smoothie journey.

C A T C H M E O N I N S T A G R A M

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