

Download Smoothie Power Power Packed Recipes Everyone

Morning, noon, or night—smoothies are a treat right for any time of day. If you're powering up for a workout, hankering for a mid-morning snack, or looking for a way to drink more fruits and veggies, you can make the ultimate healthy smoothie with these these creamy, dreamy recipes. Just about everyone loves a freshly pressed juice or refreshing smoothie—what's not to like? They taste great, pack a serious punch when it comes to vitamins and minerals, and offer a healthy ... This Brain Power Smoothie (Blueberry Avocado Smoothie) is packed with delicious ingredients that are all great for brain health. 13. Supremely Green Power Smoothie. Aine Carlin's Green Power Smoothie is a great way to build up your energy. Kale and spinach add some greens, and apples and bananas bring the fruity sweetness.