



You GLOW Smoothie



Rise and Shine Smoothie



A Smoothie A Day

7-Day Spring Challenge



Hit the Ground Running Smoothie

Love Me Some Peach Pie Smoothie

Recipes from Chef Mareya



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**Begins Monday
March 20th**



A Smoothie-a-Day Spring Challenge

Ladies and gentlemen, get ready
to start your engines.

Have a smoothie a day and fill your cup with real nutrition
to get your Spring started right. Every season is a chance
for a FRESH START.

sign up to get your **FREE** eatCleaner Smoothie
Recipes Book and tag us along with
#asmoothieaday for a repost



Use eatCleaner Fruit + Veggie Wash and Wipes to
get your produce clean before you blend.



Rise and SHINE Smoothie

Ingredients

- . 12 oz. unsweetened milk (your favorite)
- . 4 oz. brewed coffee
- . 1 frozen banana, end and stem trimmed, peel left on, cut in half
- . 1 teaspoon ground cinnamon
- . 2 teaspoons unsweetened cocoa powder
- . 1 teaspoon monkfruit extract (optional)

Vegan/Gluten-Free/Nut-free
Makes 2 servings

Directions

- Wash whole bananas with eatCleaner, trim ends and tops and cut bananas in half, then store in a reusable container or bag so you can easily drop half a banana into your recipes.
- Add ingredients in order above.
- Blend until smooth and enjoy cold.



Rise and Shine Smoothie

smoothie recipes from Chef Mareya



You GLOW Smoothie

From Chef Mareya's Eat Like You Give a Fork: The Real Dish on Eating to Thrive book

Ingredients

- . 2 cups water
- . 1 cup plain Greek yogurt (coconut or almond milk for non-dairy sub)
- . ¼ cup unsweetened tart cherry or pomegranate juice
- . 1 cup mixed berries (blueberries, raspberries and blackberries)
- . ½ cup baby spinach
- . 1 tablespoon chia seeds

Vegan/Gluten-Free/Nut-free
Makes 2 servings

Directions

- Wash all produce with eatCleaner Fruit + Veggie Wash.
- Add ingredients in order above.
- Blend until smooth and enjoy cold.



You GLOW Smoothie

smoothie recipes from Chef Mareya



Super(s)hero Smoothie

From Chef Mareya's Eat Like You Give a Fork: The Real Dish on Eating to Thrive book

Ingredients

- . 2 cups your favorite unsweetened milk
- . ½ cup blueberries or strawberries
- . 1 cup baby spinach
- . 2 tablespoons almond, peanut butter or sunflower butter
- . 1 frozen banana, peel on and end and stem trimmed, cut in half (see 'Pro-Tip' above)
- . 2 teaspoons unsweetened cocoa powder
- ½ cup ice

Pro tip: Wash whole bananas with eatCleaner, trim ends and tops and cut bananas in half, then store in a reusable container or bag so you can easily drop half a banana into your recipes. BOOM!

**Vegan/Gluten-Free/Nut-free
Makes 2 servings**

Directions

- Wash all produce with eatCleaner Fruit + Veggie Wash.
- Add ingredients in order above.
- Blend until smooth and enjoy cold.



Super(s)hero Smoothie

smoothie recipes from Chef Mareya



Pucker Up Beet Cup Smoothie

Ingredients

- 2 cups coconut water (no sugar added)
- 1 cup baby spinach
- 1 cup raw beets, chopped
- 1 cup fresh raspberries
- Juice of 1 whole lime
- 1 teaspoon monkfruit extract (optional)
- ½ cup ice

Super hydrating and energy boosting with a nice little pucker from the lime.

Vegan/Gluten-Free/Nut-free
Makes 2 servings

Directions

- Wash all produce with eatCleaner Fruit + Veggie Wash.
- Add ingredients in order above.
- Blend until smooth and enjoy cold.



Pucker Up Beet Cup Smoothie

smoothie recipes from Chef Mareya



My Tropical Dreamsicle Smoothie

Ingredients

- 1 cup unsweetened milk of choice
- 1 cups water
- 1 frozen banana, peel on and end and stem trimmed, cut in half (see 'Pro-Tip' above)
- 2 mandarin oranges, peeled and quartered
- ½ cup mango chunks
- ½ cup pineapple chunks
- 1 tablespoon unsweetened shredded coconut
- ¾ cup ice

**Vegan/Gluten-Free/Nut-free
Makes 2 servings**

Directions

- Wash all produce with eatCleaner Fruit + Veggie Wash.
- Add ingredients in order above.
- Blend until smooth and enjoy cold



My Tropical Dreamsicle Smoothie

smoothie recipes from Chef Mareya



Hit the ground **RUNNING** Smoothie

Ingredients

- 1 1/2 cups water
- 1 medium apple (any variety), cored and cubed
- 1 cup seedless cucumber, roughly chopped
- 2 cups Tuscan kale or spinach
- 1 whole lemon, quartered (leave the peel on)
- 1 tablespoon ginger, grated
- 1 teaspoon monkfruit extract (optional)
- 3/4 cup ice

Vegan/Gluten-Free/Nut-free
Makes 2 servings

Directions

- Wash all produce with eatCleaner Fruit + Veggie Wash.
- Add ingredients in order above.
- Blend until smooth and enjoy cold



smoothie recipes from Chef Mareya



Love me some Peach Pie Smoothie

Ingredients

- 1 cup unsweetened milk of choice
- 1 cup water
- 2 medium peaches
- 1 cup plain Greek yogurt or dairy-free unsweetened alternative
- 1/3 cup organic old-fashioned rolled oats
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon vanilla extract
- 1/2 cup ice

Directions

- Wash all produce with eatCleaner Fruit + Veggie Wash.
- Add ingredients in order above.
- Blend until smooth and enjoy cold.



Love Me Some Peach Pie
Smoothie

smoothie recipes from Chef Mareya



LEFTOVER SMOOTHIES?

**Freeze them in an old-school
ice cube tray for another
smoothie starter day**



smoothie recipes from Chef Mareya