

# Judy's Recipes

Seasonal, Healthy, and Tasty for  
Chimacum Corner Farmstand

## January 2015: New Year Smoothies!

### Almond Smoothie

- 1 cup Almond Milk
- 1½ tbsp. Almond Butter
- 1 Date
- 1 Banana
- 1 tsp Honey
- 2-3 tbsp. Chia Seeds

Put 1 cup of Almond Milk, 1½ tablespoons of Almond Butter, 1 date, and 1 ripe banana into a Vitamix or blender.

Add a teaspoon of honey, a pinch of cinnamon or cacao, and 2-3 tablespoons of Chia Seeds (optional, but good for you).

Add a handful of ice, depending on how cold you like it (too much ice will make it a bit more like a slushy). Blend and Serve.

### Autumn Smoothie

- 5 ounces steamed sweet potato,
- 1 cup almond or coconut milk,
- 2 tablespoons maple syrup,
- 1 teaspoon flaxseeds,
- ¼teaspoon ground turmeric,
- 1 ½ cups ice cubes

Place all the ingredients in a blender. Pulse a couple of times, and then blend until smooth.

*Makes 1 Serving*

### Green Smoothie

- 1 banana, frozen, cut into 1" pieces
- 1 cup frozen pineapple pieces
- 1 cup fresh parsley, spinach, or kale leaves
- 1 cup unsweetened almond milk
- 2 tablespoons almond butter
- 2 tablespoons flaxseed oil
- 1 teaspoon agave syrup (nectar)
- 1 teaspoon matcha (green tea powder)
- ½ teaspoon finely grated peeled ginger

Purée banana, pineapple, parsley, almond milk, almond butter, flaxseed oil, agave, matcha, and ginger in a blender. Sweeten with more agave, if desired.

*Makes 2 Servings*

### Green Peanut Butter Smoothie

- 1 banana
- 1 cup nut milk
- 1 cup torn kale
- 2 tablespoons peanut butter
- ¼ teaspoon ground cinnamon

Blend 1 banana, 1 cup nut milk, 1 cup torn kale, 2 Tbsp. peanut butter, ¼ tsp. ground cinnamon, and ½ cup ice in a blender until smooth.

*Makes 2 Servings*

### Green Smoothie with Avocado and Apple

- 3 cups spinach
- 1 Granny Smith apple, roughly chopped
- 2 cups coconut water
- 1 avocado
- 1 banana, frozen for at least 15 minutes
- 3 tablespoons chia seeds
- 1 teaspoon honey, or more, to taste

Place the spinach, apple and coconut water in a blender, and blend until smooth.

Add the avocado, frozen banana, chia seeds and honey, and blend until the mixture is smooth and creamy.

Pour the smoothie into tall glasses and serve while it's still chilled.

*Makes 2 servings*

### Healthy Strawberry-Almond Smoothie

- 10 oz. frozen strawberries
- 1 large banana
- 1 ½ cups unsweetened vanilla almond milk
- 2 tablespoons almond butter
- 2 tablespoons wheat germ

*Makes 2 Servings*