



# 13 SIMPLE SMOOTHIES



HEALTHY AND YUMMY SMOOTHIES MADE WITH  
REAL INGREDIENTS YOU RECOGNIZE

BY MELISSA GRIFFITHS & CASSIE JOHNSTON

# DARK CHOCOLATE RASPBERRY SMOOTHIE

BY CASSIE JOHNSTON OF BACK TO HER ROOTS

Fruity, rich, and almost dessert-like, this Dark Chocolate Raspberry smoothie is the perfect (healthy!) way to perk up your afternoon.



## INGREDIENTS

- 1 ripe banana
- 1 cup almondmilk
- 1 heaping tablespoon cocoa powder
- ½ cup fresh raspberries
- Handful of ice
- Honey, to taste

## DIRECTIONS

Combine all ingredients in the carafe of a blender. Blend on high until smooth and creamy. Taste, and add honey if necessary (depending on the sweetness of your banana).

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# KEY LIME PIE SMOOTHIE

BY MELISSA GRIFFITHS OF BLESS THIS MESS

Feel free to adjust the lime juice as needed, two is very tangy! If you like less pucker, try it with one lime first and add more as desired.



## INGREDIENTS

- 1/2 of a ripe avocado
- 1/2 cup Vanilla Greek yogurt
- Juice and zest from 2 limes
- 1 banana, peeled sliced and frozen

## DIRECTIONS

Place all of the ingredients in a blender and process until smooth. Enjoy right away.

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# CLEMENTINE AND AVOCADO SMOOTHIE

BY CASSIE JOHNSTON OF BACK TO HER ROOTS

This bright and citrusy smoothie is perfect for a morning pick-me-up. Don't be afraid of the avocado! It's tasteless and adds a wonderful, creamy texture.



## INGREDIENTS

- 2 clementines, peeled
- 1 ripe avocado, pitted
- 1 ripe banana, peeled
- 1 cup unsweetened almondmilk
- 2 cups fresh baby spinach
- 1 tablespoon honey, optional
- Handful of ice

## DIRECTIONS

Combine all ingredients, including the honey, if using, in the basin of a blender. Blend on high until very smooth and creamy. Pour into two glasses and enjoy.

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# RECOVERY SMOOTHIE

BY MELISSA GRIFFITHS OF BLESS THIS MESS

This combo of super foods is really a winning team! Don't be too worried about the color, it's quite sweet and tastes great.



## INGREDIENTS

- 1 banana, peeled, sliced and frozen
- 1/2 cup sour cherries, frozen
- 1 cup green (swiss chard, spinach, etc.)
- 1 tablespoon chia seeds
- 1 tablespoon cocoa nibs
- 1/4 cups whole almonds
- 1 to 2 cups almondmilk

## DIRECTIONS

Throw everything into your blender and let it rip. You'll be better off using a high-powered blender because the greens are a bit more fiberous than spinach. Process until smooth and enjoy right away.

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# SUNRISE SWEET POTATO SMOOTHIE

BY CASSIE JOHNSTON OF BACK TO HER ROOTS

This Sweet Potato Smoothie tastes like a pie in a glass—and it's perfectly healthy enough to have for breakfast!



## INGREDIENTS

- 1 ripe banana
- 1 cup roasted sweet potato
- 0-1 tablespoon maple syrup
- 1 cup unsweetened milk
- ½ teaspoon vanilla extract
- Dash of cinnamon
- Handful of ice cubes

## DIRECTIONS

Combine all ingredients in the basin of a blender—sweeten to taste depending on the ripeness of your banana. Blend on high until very smooth and creamy. Pour and enjoy!

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# CHOCOLATE PEANUT BUTTER PROTEIN SMOOTHIE

BY MELISSA GRIFFITHS OF BLESS THIS MESS

This chocolate peanut butter smoothie is packed with protein, naturally sweet, and tastes a whole lot like dessert!



## INGREDIENTS

- 1 banana, frozen
- 2-3 tablespoons cocoa powder
- 1 tablespoon peanut butter
- 1/2 cup plain or vanilla greek yogurt
- 1 tablespoon honey, optional
- 1/2 to 3/4 cup milk

## DIRECTIONS

Add everything to the jar of your blender and blend until smooth. Add more milk as needed to process until smooth. Enjoy right away.

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# PEAR AND SPINACH SMOOTHIE

BY CASSIE JOHNSTON OF BACK TO HER ROOTS

This smoothie is sweetened using Medjool dates and bananas—no added sugar at all. It's a great, healthy way to start off your morning!



## INGREDIENTS

- 2 Medjool dates, pitted
- ½ cup boiling water
- 2 cups baby spinach
- 1 ripe banana, broken into pieces
- 1 ripe pear, cored and cut into chunks
- 1½ cups almondmilk
- Handful of ice

## DIRECTIONS

Place the dates in a heat-proof small container. Pour the boiling water over the dates and let soak for 5-10 minutes, or until the dates expand. Combine the dates and soaking water, plus all the remaining ingredients in the carafe of a blender. Blend on high until smooth and no chunks of dates or spinach remain.

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# TROPICAL SMOOTHIE

BY MELISSA GRIFFITHS OF BLESS THIS MESS

This smoothie is naturally sweetened, dairy free, and delicious! Any extra left in the blender? Just throw it into popsicle molds and freeze for later.



## INGREDIENTS

- 2 cups frozen pineapple
- 1 cup frozen banana (about 2)
- 1 whole orange, peeled
- 1 1/2 cups vanilla almond milk
- 1 tablespoon coconut oil

## DIRECTIONS

Add all of the ingredients to a blender and process until smooth. If your blender is working too hard or not mixing well, add a bit more almond milk and blend again. Enjoy right away.

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# PERSIMMON SPINACH SMOOTHIE

BY CASSIE JOHNSTON OF BACK TO HER ROOTS

If you've never had a persimmon before, it's one of the sweetest fruits on the planet, it's soft and has a slightly citrus-y flavor.



## INGREDIENTS

- 1 cup fresh spinach
- 1/2 cup unsweetened applesauce
- 1/2 cup persimmon puree
- Pinch of cinnamon
- 1 cup nut, soy or cow's milk
- Handful of ice cubes

## DIRECTIONS

Combine all the ingredients in the carafe of a high-speed blender. Blend on high until very smooth. Serve immediately.

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# HEALTHY ORANGE JULIUS

BY MELISSA GRIFFITHS OF BLESS THIS MESS

Skip the mall kiosk and instead make your favorite shopping treat at home (and healthier!).



## INGREDIENTS

- 2 oranges, peeled
- 4 frozen bananas, broken into chunks
- 2 cups vanilla almond milk
- 1 teaspoon pure vanilla extract

## DIRECTIONS

Add all of the ingredients to the jar of your blender, secure the lid, and blend until very smooth. If the mixture is too thick, add a splash more almond milk and blend again. Pour into 2 large glasses and enjoy.

# APPLE PIE SPINACH SMOOTHIE

BY CASSIE JOHNSTON OF BACK TO HER ROOTS

All the wonderful apple pie flavor of this smoothie covers up the spinach taste!



## INGREDIENTS

- 1/2 cup unsweetened almondmilk
- 1/2 cup apple cider
- 1/2 cup unsweetened applesauce
- 1 cup baby spinach
- 1/2 cup plain Greek yogurt
- 1 medium banana
- Pinch of cinnamon
- A few ice cubes

## DIRECTIONS

In the carafe of a blender, combine all ingredients. Blend on high until very smooth. Pour into a glass and serve immediately.

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# DETOX SMOOTHIE

BY MELISSA GRIFFITHS OF BLESS THIS MESS

Need to recover from a stretch of not-so-healthy eating? This smoothie will get you back on track with lots of nutrients!



## INGREDIENTS

½ cup pineapple juice  
½ banana  
Arils from ½ a pomegranate  
1 cup frozen dark sour cherries

## DIRECTIONS

Add all of the ingredients to your blender jar. Process until smooth, about 1 minute. Enjoy right away. Serves one.

# ORANGE POM-BERRY SMOOTHIE

BY CASSIE JOHNSTON OF BACK TO HER ROOTS

This smoothie is jam-packed with antioxidants that help repair cell damage. Healthy cells=lower risk of cancer, heart disease, and even the common cold!



## INGREDIENTS

- 1 cup pomegranate juice
- 1½ cups frozen mixed berries
- 3 small oranges or clementines

## DIRECTIONS

Place all ingredients in the carafe of a blender. Blend on high until very, very smooth. Split into two glasses and serve immediately.

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# ABOUT THE AUTHORS

We're Cassie and Melissa, and we love creating healthy, simple recipes—and it doesn't get much more simple or healthy than a great smoothie!

This book was created using a combination of our favorite smoothie recipes from the pages of our two blogs—Back to Her Roots and Bless This Mess. We hope you find your new favorite smoothie recipe here!



## ABOUT MELISSA

Melissa is a chicken loving, bread baking, remodel surviving, furniture painting, mama of five currently building her dream house in Southern Utah.

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## ABOUT CASSIE

Cassie is a recipe developer, gardener, crafter and proud chocoholic living on a small hobby farm in Southern Indiana with her family.

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♡ thanks for reading!