



# 7 Delicious SUMMER SMOOTHIES

## THE WHOLE FAMILY WILL LOVE

NOURISHING • REFRESHING • EASY TO MAKE • KID APPROVED

From the kitchen of Mama of Seven



Perfect for busy mornings, afternoon snacks, or post-play pick-me-ups!



1



### BERRY BLISS SMOOTHIE

(Stress Support)



**Benefits:**  
Rich in antioxidants that help support brain health and reduce oxidative stress.

#### Ingredients:

- 1 cup mixed frozen berries (strawberries, blueberries, raspberries or any of your choosing)
- 1 banana
- 1 cup cranberry juice or apple juice
- 1 tablespoon of Honey
- Ice and Blend (add additional ice for thickness)

**Taste:** Sweet, fruity, and kid-approved.



2



### BANANA OAT COMFORT SMOOTHIE

(Calming & Filling)



**Benefits:**  
Oats and bananas provide steady energy and may help promote feelings of calm and fullness.

#### Ingredients:

- 1 banana
- ½ cup rolled oats
- 1 cup milk of choice
- ½ teaspoon cinnamon
- 1 tablespoon of Honey
- Ice and Blend (add additional ice for thickness)

**Taste:** Similar to a banana muffin in a glass.



3



### TROPICAL SUNSHINE SMOOTHIE

(Mood Booster)



**Benefits:**  
Vitamin C-rich fruits support immune health and can feel uplifting.

#### Ingredients:

- 1 cup frozen mango and strawberries
- ½ cup pineapple chunks
- 1 banana
- 1 cup coconut water
- 1 tablespoon of Honey
- Ice and Blend (add additional ice for thickness)

**Taste:** Refreshing tropical vacation vibes.



4



### GREEN GOODNESS SMOOTHIE

(Energy & Nutrition)



**Benefits:**  
Sneak vegetables into a delicious drink while providing vitamins and minerals. Shhh! The kids won't know.

#### Ingredients:

- 1 handful spinach
- 1 banana
- 1 green apple
- 1 cup apple juice or coconut water
- 1 tablespoon of Honey
- Ice and Blend (add additional ice for thickness)

**Taste:** Sweet and fruity with little to no spinach flavor.



5



### CHOCOLATE PEANUT BUTTER POWER SMOOTHIE

(Energy Boost)



**Benefits:**  
Protein and healthy fats help keep moms and kids satisfied longer.

#### Ingredients:

- 1 banana
- 1 tablespoon peanut butter
- 1 tablespoon cocoa powder
- 1 cup milk of choice
- 1 tablespoon of Honey
- Ice and Blend (add additional ice for thickness)

**Taste:** Like a healthy chocolate milkshake.



6



### PEACH VANILLA RELAXATION SMOOTHIE

(Evening Wind-Down)



**Benefits:**  
A comforting option for relaxing after a busy day..

#### Ingredients:

- 1 cup frozen peaches
- 1 cup milk of choice
- ½ teaspoon vanilla extract
- ½ cup Greek yogurt
- 1 teaspoon Honey
- Ice and Blend (add additional ice for thickness)

**Taste:** Creamy peaches-and-cream flavor.



7



### WATERMELON MINT REFRESHER

(Hydration Hero)



**Benefits:**  
Excellent for hydration, especially during these warmer months.

#### Ingredients:

- 2 cups watermelon
- Juice of ½ lime
- A few fresh mint leaves
- 1 teaspoon of Honey (optional)
- Ice and Blend (add additional ice for thickness)

**Taste:** Light, refreshing, and naturally sweet.



### SMOOTHIE TIPS FOR MOMS



Use frozen fruit for a thicker, creamier texture.



Prep smoothie packs ahead and freeze!



Let kids help choose ingredients and blend.



Add-ins: chia seeds, flaxseeds, or oats for extra nutrition.



Adjust sweetness to your family's taste.

### FUN FRUIT FACTS



Berries are packed with antioxidants that help protect cells and support brain health!



Bananas contain potassium, which helps fuel muscles and boost mood naturally.



Watermelon is about 92% water—perfect for staying hydrated!



Spinach is rich in iron and vitamins A, C & K—energy in every sip!



Mangoes are a great source of vitamin C to support immunity!

### BONUS TIPS FOR MOMS



To make any smoothie more nourishing, consider adding:

♥ Chia seeds or flaxseeds for fiber and omega-3s

♥ Greek yogurt for protein

♥ Spinach for extra nutrients

♥ Oats for lasting energy

♥ A scoop of collagen peptides (for adults)



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